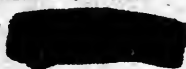




Class GV 851

Book B 94



Author \_\_\_\_\_

Title \_\_\_\_\_

Imprint \_\_\_\_\_



Vol. XXIV, No. 282

Price 10 cents

# SPALDING'S

ATHLETIC LIBRARY

## OFFICIAL ROLLER SKATING GUIDE



AMERICAN SPORTS PUBLISHING Co.  
21 Warren Street, New York.

# A. G. SPALDING & BROS.



Maintain their own Houses for the distribution of

## Spalding's Athletic Library

and the

**Spalding Complete Line of Athletic Goods**

in the following cities:

### NEW YORK CITY

124-128 Nassau Street

29-33 West 42d Street

### PHILADELPHIA

1013 Filbert Street

### BOSTON, MASS.

73 Federal Street

### BALTIMORE, MD.

320 N. Howard Street

### BUFFALO, N. Y.

611 Main Street

### PITTSBURG, PA.

439 Wood Street

### WASHINGTON, D. C.

709 14th Street, N. W.

(Colorado Building)

### SYRACUSE, N. Y.

University Block

### DENVER, COL.

1616 Arapahoe Street

### MONTREAL, CAN.

443 St. James Street

### CHICAGO

147-149 Wabash Avenue

### SAN FRANCISCO, CAL.

134 Geary Street

Temporary Address

508 15th Street

OAKLAND, CAL.

### ST. LOUIS, MO.

708 Pine Street

### KANSAS CITY, MO.

1111 Walnut Street

### CINCINNATI, O.

Fountain Square

27 East Fifth Street

### MINNEAPOLIS, MINN.

507 Second Avenue, South

### NEW ORLEANS, LA.

140 Carondelet Street

### HAMBURG, GERMANY

1 Alter Wandrahm

### LONDON, ENG.

53, 54, 55, Fetter Lane

Communications directed to A. G. Spalding & Bros. at any of the above addresses, will receive prompt attention.





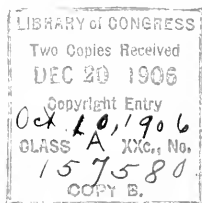
**EARLE REYNOLDS,**  
**Champion of the World, on Spalding Bicycle Rink Skates.**

SPALDING'S ATHLETIC LIBRARY  
Group XIII. No. 282.

# SPALDING'S ROLLER SKATING GUIDE

Edited by  
H. P. BURCHELL

NEW YORK  
AMERICAN SPORTS PUBLISHING COMPANY  
21 WARREN STREET



COPYRIGHT, 1906  
BY  
AMERICAN SPORTS PUBLISHING COMPANY  
NEW YORK





## Introduction

Twenty years ago roller skating was popular throughout the United States and Canada. Every town of 2,000 or more inhabitants had its rink, while the larger cities supported from two to six or eight. Clubs were formed and the sport bid fair to enjoy a long reign of popularity, but there was something lacking and the attendance at the rinks dropped off by degrees until it became a non-paying institution. Several efforts were made to revive the sport, but little or no success attended the efforts, and the promoters gave up the project in disgust.

It was not until the spring of 1905 that the general public gave any indication that the time was ripe for a revival. Many of the big cities in England had, in the preceding year, started a revival which met with generous support from the public, and America quickly followed the lead with the result that success has attended the experiment far beyond the most sanguine expectations of the promoters of roller skating rinks. Where one hundred persons attended the sessions twenty years ago, fully ten times that number can be seen on the floors of the rinks in all the big cities, while the percentage of increase is correspondingly great in the smaller towns.

A number of reasons can be advanced for this remarkable condition of affairs. The wonderful increase in the population, the prosperous condition of the country, which enables the average man or woman to indulge more frequently in the pursuit of refined pastimes and recreations, the superiority of the ball-bearing skate over the old one, which greatly enhances the pleasure of skating, making it a graceful accomplishment and enjoyable pastime rather than a laborious effort, and what is perhaps more important than all is the fact that instead of barns and tumble-down buildings being converted into rinks, large, commodious and well-ventilated halls have been remodeled,



TAKING A START FOR THE HIGH JUMP.

renovated and re-arranged to suit the needs, comforts and conveniences of the patrons of roller skating.

Many representatives of the most prominent families in the country now enjoy the sport, thus giving it a dignity and standing that was conspicuous by its absence in former years. It is true that they usually attend the morning sessions, but this is largely due to the many social engagements which occupy their time. With the continuation of support from the better element there is little doubt about the future status of roller skating.

It is estimated that over one hundred and fifty rinks are in operation in the United States, with an average attendance of 1,000. Several of the big rinks, such as Madison Square Garden, draw on an average of 2,500 a day. One notable feature about the present revival is the number of persons who enjoy the sport without actual participation in it. With the sport kept clean and healthy the present revival should continue for many years.



THE DAVIDSONS (FANNIE AND JOHN F.) EXECUTING THE HAND  
IN HAND, MOHAWK OR SPREAD EAGLE FIGURE.

## **Roller Skating as a Pastime, with Advice to Beginners and Description of Movements**

The attainment of skill and proficiency on roller skates affords as great pleasure as the acquisition of similar skill on ice. The one great charm of ice skating is its infrequency and the doubt of its lasting, causing the skaters to work hard. Roller skating can be indulged in under any and all conditions, as the sport or pastime is in no way susceptible to weather conditions. In it persistent work means improvement, and improvement in any pursuit means pleasure. It has always been supposed that practice at roller skating would be of great assistance on the ice, but notwithstanding the thousands who enjoy the indoor practice, there is little or no perceptible improvement in ice skating. This fact was patent at the last roller skating revival as well as in the present instance. The cause of this is not difficult to determine. Of the many thousands who use the rollers not one in twenty know how to do even an outside roll properly.

As a matter of fact, figure skating is much more difficult on rollers than on the ice. It is estimated by competent experts that twenty hours' practice is requisite to give a skater on rollers the corresponding amount of skill which one hour's practice on ice would command. But when a difficult movement on rollers is mastered the satisfaction is proportionately great. Of the hundreds of thousands of people who have tried, and who will still try, but few have attempted more than straightforward skating, with perhaps a feeble attempt at outside edge, and inasmuch as skating round and round an enclosed rink must necessarily become monotonous, roller skating is voted slow and not to be compared with ice skating, but this is due to skaters themselves and can be avoided by a determined effort to master the full details of intricate roller skating.

The pleasure of roller skating only begins where these critics leave off. It is seldom that figure skaters on ice attempt their

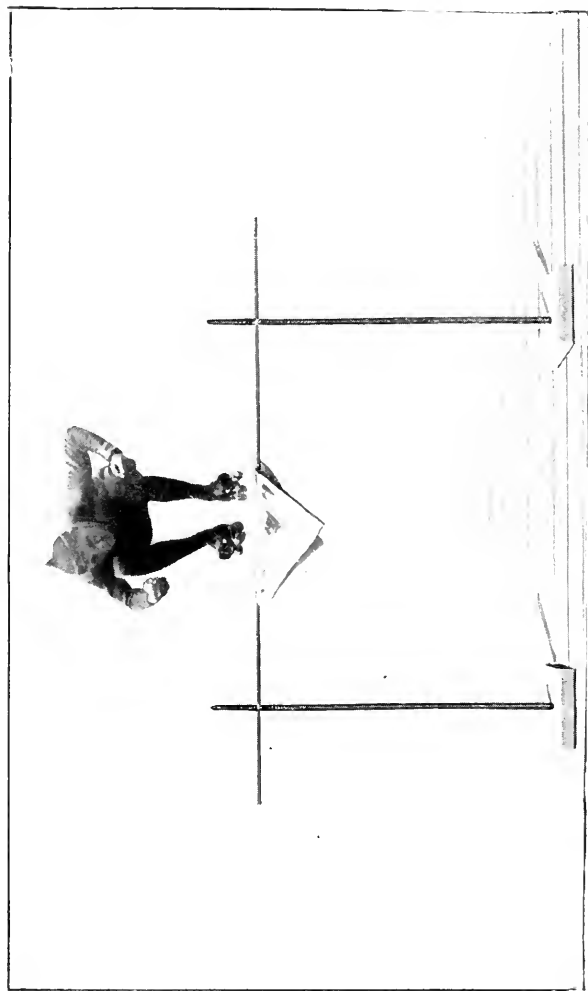


DOUBLE DUTCH CROSS ROLL.

ice movements on rollers. The skaters are disgusted that they are unable at once to do on the rollers what they have been accustomed to accomplish on ice, because they attempt figures and turns identically the same way, forgetting that with the ice blade they have a universal pivot on which they can turn, while the pivot of the roller skate is confined to one or two fixed points, the toe and the heel. Secondly, finding a greater difficulty than they expected, they will not take the trouble of puzzling out for themselves the difference between the two instruments.

The climax of pleasure derived from figure skating is reached when figures are skated in combination with others, and hitherto, this, the greatest pleasure in ice skating, has been entirely overlooked when using the rollers. With well-fitted skates and a good floor, all the club figures can be done as well as on ice. The pleasure derived from skating on rollers should be, and is to the proficient, identical with ice; the motion is practically the same and the pace equal, or even greater, if the skates are fitted with ball bearings, and the exercise, as an exercise, especially for ladies, is unrivalled. It is graceful, health-giving and inexpensive, but hitherto there has been no standard of excellence. Combined figures have hardly ever been tried, consequently there has been none of that assiduous practice seen on the ice leading up to such excellence as will enable the skater to do his or her part in a combined figure. Stripped of all surroundings, the fascination of gliding on skates is fifty times greater than the fascination of dancing, and yet without system or combination dancing would cease to exist. The same applies to roller skating.

There are many social and physical difficulties to be overcome before combined skating on rollers becomes actually popular; and to take the social difficulty as being the greater first: With the roller skating revived the mania has become so great that everything must give way to the craving to indulge in the pastime. By many, skating is indulged in twice a day every day in the week. The usual barriers that divide people of different social position meeting together in the same place of public



JOHN F. DAVIDSON MAKING HIS WORLD'S RECORD HIGH JUMP.



resort are thrown to the winds. Ladies who under ordinary circumstances would resent the proffered assistance of a stranger as an impertinence, in their desire to attain the swan-like movement, accept it with gratitude; and hence undesirable acquaintances are sometimes formed. There is no reason why the rink should be tabooed on this account, as it is a comparatively easy matter to adjust this feature. Certain mornings are set apart in many of the rinks for private practice. Many beginners take advantage of this opportunity to become sufficiently proficient before attempting to skate in a public rink, and thus avoid the sometimes objectionable necessity of inviting assistance by this obvious helplessness, and rink parties will thereby become more popular and healthgiving.

With regard to the physical difficulties attending roller skating, there are many things which will tend to materially overcome them. The selection of skates is naturally the first thing to attend to. Skates should be chosen of a length rather shorter than the foot, as the approximation of the toe and heel wheels, by bringing the available pivots nearer together, enables turns to be made with greater facility. The wheels should run freely and true on the axles and should be carefully fitted to the hangers, so that little or no lateral play exists. The hangers should not be screwed too tight to the plates; if they are sufficiently tight they will be found to aid the skater, while otherwise they will act as an impediment. The difference between skating on bad or worn-out skates and a good pair is very marked.

With roller skates the charm of skating rapidly-executed movements cannot be compared favorably with the same movements on ice, because the balance has to be shifted, not an inch or two as on ice blades, but to one or the other of the two fixed pivots at the extremity of the skate; but in all ordinary movements, where the charm does not consist in extreme rapidity, skating affords the same pleasure, whether on ice or rollers.

The difference of friction of roller skates on a good floor and ice skates on ice is hardly perceptible, so long as curves, without



FIGURE 1.  
HOW TO STOP SKATING BACKWARDS.

the intervention of turns, are made with the roller skate. On a good floor roller skates fitted with ball bearings are faster than ice skates on ice. When turns are imparted, as they have to be done on a single set of rollers, great weight is placed on the axles of the wheels, and considerable friction is set up. The ease and speed with which some skaters perform curves arises from the proper adjustment of the balance, so as to cause the weight of the body to be equally divided between the front and rear wheels.

The smallest inclination of the footstock to the right or left causes the axles of the wheels to converge, so as to run the skate in a curve to the right or left. A slight inclination to the right when poised on the right foot, or to the left when poised on the left foot (and this inclination can be obtained by bringing forward the left shoulder, when on the right foot, and *vice versa*), and the skater is at once placed on what corresponds to the outside edge in ice skating. This is therefore much easier to attain on roller than on ice skates, as instead of having, as on ice, to lean over to "catch" the edge, the skater, who is in fact balanced on a greased wire, can by the slightest inclination to the right or left produce the portion of a large circle, and by a greater inclination the portion of a smaller circle either to right or left.

To attain the "swan-like" motion it is necessary that the curves should be a true curve from start to finish—the true segment of a circle, whether large or small; and this can only be attained by placing the foot which is about to describe a curve parallel with the foot that has just finished a curve; for instance, the left foot at the end of a curve made by the right must be placed parallel to it, and *vice versa*, and so allowing the body gradually to take the inclination, and the skate the consequent curve in the opposite direction.

Ninety-nine skaters out of a hundred after making a curve to the right with the right foot throw the balance abruptly onto the left, which is usually placed at right angles to the right, and this has the effect of entirely destroying the grace and swing which should be characteristic of the outside edge.



FIGURE 2.  
DUTCH OR CROSS ROLL.

Ladies especially, unless properly taught, almost invariably adopt the wrong method, which, when once acquired, is most difficult to eradicate. The best way to correct the fault is to take the pupil's hands sideways and start going from south towards the north on a curve with the right foot; at the end of a curve consisting of a half-circle the skater's foot will be pointing in a northeasterly direction; the toe of the left foot should be turned in sufficiently to enable it to be placed parallel to the right, and the new curve on the left continued in a northeasterly direction, gradually coming round to north, and finishing the half-circle with the toe pointing northwest. Two circles complete should be marked on the floor and the pupil set to follow the curves. To make the circles opposite each other it will be necessary to place the feet parallel when striking from one foot to the other; and this is most excellent practice, but it cannot be easily sustained on rollers, unless the body is so poised as to distribute its weight equally on both the toe and the heel set of wheels. When the outside edge is properly skated with true half-circles, the knee braced up, and the body erect, it is as fascinating on a well-fitted pair of roller skates as it is with ice skates on ice; and so far as gracefulness is concerned it is seldom that a person will skate on outside edge on ice with anything like the grace imparted to the same movement on rollers.

The same rules as to the parallelism of the feet when taking the stroke apply equally to the outside edge backwards, and the tendency to go off at right angles with the succeeding stroke being even greater backwards than forwards. When four persons can with certainty skate eights by making a whole circle on either foot, it is competent for them to skate a combined figure—an elementary one it is true, but still a combination that requires to make it successful, attention to time and truth of curves.

A half-circle is skated on the right foot and at the moment of the desired change the left shoulder is thrown back and the left foot suddenly turned out, so that the toes of either foot are pointing in opposite directions, placed in the rear of, and parallel

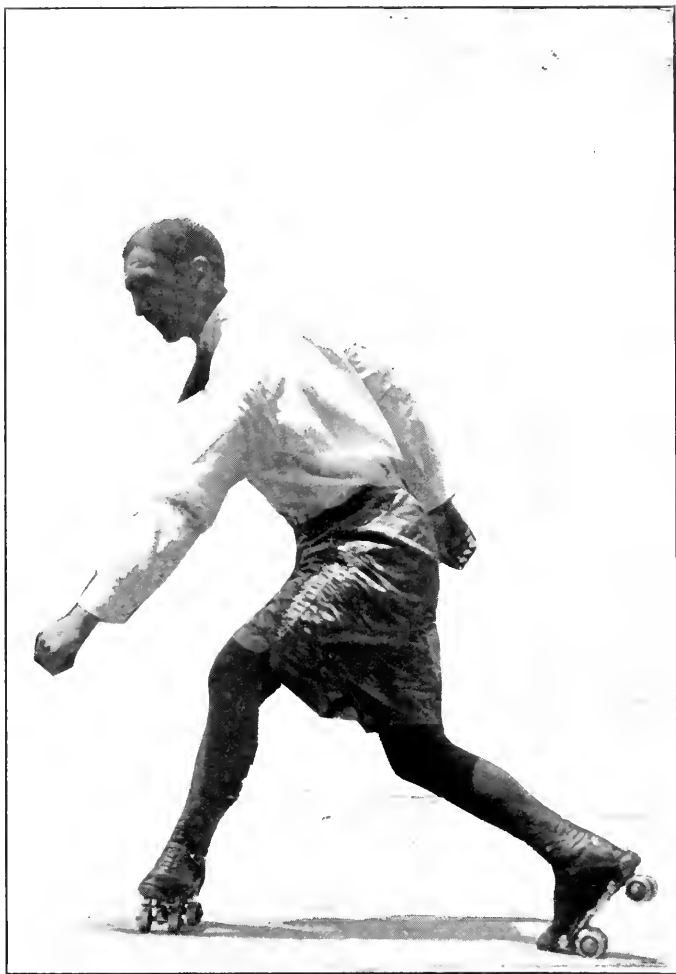


FIGURE 3.  
PIVOT CIRCLING, THE START.

to, the right, and the other half of the circle on the outside back of the left is completed. The right is now put down by crossing the feet behind and a half-circle skated, when the feet are again "spread-eagled" and the left put down in front of and parallel to the right and the half-circle on the left outside forward continued to the center. On ice this is an extremely difficult movement to most men, as so few are able to turn out their feet "spread-eagle fashion" so as to describe a curve, the center of which is at the back of a skater, as this must be done without any assistance from the hold of the skate on the ice; but with the rollers a skater has only to place the skate in the desired position and lean backwards, when the wheels will so long as the inclination is sustained hold his feet, as it were, and compel them to describe a circle.

Having mastered the difficulty of the four edges, it now becomes necessary to acquire the turns which will enable the skater to blend the different edges together. In making the turns it is absolutely necessary that the body should turn the feet; that is to say, the body must be swung around in the desired direction before an attempt is made to alter the direction of the foot. The fault of every beginner, both on ice and on rollers, is that in attempting a turn, his whole attention is directed, not to the change of balance that will ensue on the turn being made, but to the foot that is to make the turn; and even if by means of a violent wrench its direction be changed, yet the subsequent curve cannot be sustained, for the balance remains as before the attempted turn.

In all turns other than rocker and counter turns the inclination of the body is in the same direction after as before the turn, but as a turn alters the direction of going, so the edges (except in rockers and counters) are always altered from in to outside or from out to inside, and this necessitates an alteration of the balance, so that unless the body be so turned at the moment of change as to enable it to accommodate itself to the new balance, the movement ends with the turn, as the position of the body requisite for the resulting curves taking place is such as renders the curve impossible.



FIGURE 4.  
CHOCTAW CROSS.



The turn on the roller skates is much more difficult than on the ice skates, because the turning must be done on one of two field pivots, the toe or the heel; but this is not the only difficulty, as the forward portion of the ice blade is also used for making forward turns and the heel portion back turns; but on the ice the cutting edge of the skate prevents a slip backwards or forwards; with the rollers, unless the body be, at the moment of the change, correctly poised over the pivot, a slip may take place either forwards or backwards. Another difficulty to beginners is that during the moment of the turn taking place they (if a forward turn is to be made) so lean forward as to throw the weight of the body almost entirely on the front wheels, and this causes such a friction on the axles that no impetus is left to continue the resulting curve.

In making the turn the skater raises the heel by poising on the toe. This poising on the toe is instantaneous, and if the body be properly turned before raising the heel the foot follows the rotation without any effort. As soon as the turn is effected, the unemployed foot, which up to this time should have been kept behind the other, is brought up, and the toe turned slightly out, and the skater's face turned in the direction of the left shoulder, both of which actions tend to keep back the left shoulder and so enable the curve to be made large. In consequence of the rotation given to the body by the turn, most skaters find a great difficulty in striking direct from the tail of a three on one foot to the commencing curve of outside edge on the other, but the keeping back of the shoulder corresponding to the unemployed foot is the means of conquering this difficulty. The turns from a forward to a backward direction are done on the front pair of wheels, and from a back to a forward direction on the rear pair of wheels—at least this is the easy and natural way of doing them; but with a great deal of practice the turn from a back to a forward edge can also be skated on the toe.

The Q figures are capital practice, embracing as they do a change of edge and turn, and they can be alternated by means of a gross roll. One example will illustrate the point. Start on



FIGURE 5.  
PLAIN INSIDE TOE SPIN.

a curve of outside forward, change to inside forward, and turn to outside back. Then cross the other foot as in the back cross roll, continue the half-circle, change to inside back, and then turn to outside forward, when the feet can be crossed as in the forward cross roll, and the movement repeated; if the turn from inside back to outside forward be done on toe wheels the effect is similar to the same movement on ice.

One-foot eights, i.e., eights composed of a circle of outside and a circle of inside on the same foot joined by a change of edge are difficult on rollers until the balance of the skater is so perfect that the swaying of the body in making the curves and changes of edge does not place the weight of the body more on one set of wheels than the other. In commencing the practice of one-foot eights the skater should not attempt to make whole circles, but should begin with a change of edge in a serpentine line, gradually approximating the curves to whole circles of outside and inside edge. As a stepping stone to a perfect one-foot eight a complete circle may be skated on the outside edge, the change effected, and a half-circle of inside, and then by changing the edge again a whole circle of outside and so on skated; and again this may with advantage be varied by making the whole circles of inside and the half-circle of outside edge. The first of these forms of serpentine lines can be skated on one foot, and continued on the other by joining the two by means of the forward or back cross roll.

When a serpentine composed of curves or half-circles can be sustained indefinitely on either foot, a curious movement known as "the reverse on to Richmond" can be skated in a straight line and subsequently in the form of an eight. The movement appears curious from the skater's feet being placed one behind the other, as though he would go backwards, instead of which he advances in a forward direction. A change of either foot is necessary to enable the skater to continue the movement, either in a line or in the form of an eight. Again, as the impetus derived from a change of edge is greater in changing from an in to an out than from an out to an inside edge, the foot that takes



FIGURE 6.  
PIVOT CIRCLING, THE FINISH.

up the movement is placed behind the other on the inside edge. For instance, start on a curve of inside edge, say on the right, and when half a circle is completed change the edge and half a circle of outside; then place the left foot behind and outside of the right (which is taken up) on a curve of inside edge corresponding in direction with the curve just finished by the right, and when a half-circle or less has been completed, change to the outside, and so on. It is not an easy movement to accomplish even in its simplest form of serpentine lines, but becomes really difficult when skated in form of an eight, the eight is in fact a one-foot eight cut in two, half being done with the right foot and half with the left.

The two-foot eight, which is similar in character to the one-foot eight, viz., two whole circles joined by a change of edge, is a very pretty figure on roller skates. The feet are placed in a line, the toe of one foot almost touching the heel of the other, and to be effective the feet must "track," and herein lies one of the difficulties. It is easy enough to cause the feet to "track" while making the circles, but at the change of edge the feet are apt to get out of line, as both feet being employed, the change of edge becomes more difficult, and can only be obtained by swaying the body from the hips upwards in the direction of the desired curve. In one-foot eights the swinging backwards and forwards of the unemployed leg at the moment of change assists the skater materially, but with the two-foot eights the balance is shifted entirely by the body. To learn the movement a serpentine line should be tried, gradually getting the curves more into the shape of circles. When the skater is perfect in two-foot eights, both forward and backward, they can be joined in the following manner: Supposing the right foot to lead, and a circle with the right foot on the outside and the left on the inside to be made, the skater keeping the feet in the same position throws back his left shoulder and by a "rocker" on either foot turns backwards; the left foot will now be leading on the inside and the right following on the outside backwards. The whole circle having become completed, the right foot is brought



FIGURE 7.  
SPREAD EAGLE MOVEMENT.

up parallel to and outside the left and flipped back with the half turn of the Philadelphia twist, and as this brings the feet into the position at starting, viz., the right foot leading and the left following, the eight can be repeated.

Another but more difficult method of change is to start as before, and arrived at the center, the skater throws back his right shoulder and turns backward, with the common three onto the right and the reverse three onto the left, but the feet being in line, the turn is very difficult. The left foot will now be leading on the outside and the right following on the inside edge. The whole circle completed, the edge should be changed and the right completed, when the skater can again turn forward with the half turn of the Philadelphia twist. If two or three eights are skated in a forward direction, then a turn is effected, and two or three skated backwards the effect is very pretty and very puzzling to the onlooker, as, if the body be properly swayed from the hips the whole is done without apparently the slightest effort, and no stroke being made, the puzzle is where the motive power comes from. A spin (a description of which will be given later) of three or four revolutions inserted between the circles at the change of edge is also very effective.

With the foregoing movements accomplished, skating combination should follow. Given good skates, a good floor and sufficient space, and all the club figures can be skated on rollers as well as on ice. The same difficulties that occur on ice will be encountered on rollers, and it will be found that before any degree of efficiency is attained, no matter how great the individual skill of the respective skaters, great practice together is necessary, and this necessity of combined practice is a source of endless amusement.

The skating of loops on rollers, as on ice, seems to fascinate the novice in figure skating. It is not an unusual thing to see a youngster putting himself into the most frightful contortions in the vain attempt to accomplish a loop, and this mania usually seizes him long before he has the faintest idea of how to skate the most ordinary figures.



FIGURE 8.  
CORRECT POSITION TO ASSUME WHEN FALLING BACKWARDS.



The loops which are skated most easily on rollers are those from the inside back and inside forward. The inside back loop is usually skated at the end of a three, and it comes easier then, inasmuch as the body has received a certain rotation from the turn in the three itself; it is done on the toe, and in the movement of doing it the unemployed leg is swung in the direction and in advance of the rotation of the body. The skater must, in fact, execute a movement similar to the movement of an expiring swimming top, keeping the body very erect, swinging the unemployed leg well to the front, and last, but not least, constant practice is the means by which loops may be gradually acquired. One of the difficulties to overcome is the ability of continuing the curve after the loop has been made, and this arises from the ankle being frequently bent in one direction, and so settling the wheels as to cause the skate to strike a curve in that direction, while the true balance of the body is in the opposite direction. The three-and loop, skated on either foot alternately and in a line, is an effective figure and very difficult, as the loops have to be so accurately made to insure the direction being continued. The inside loop backwards is also effective when done at the end of a series of interlaced forward and backward Q's.

To skate the loop from the inside edge forward, describe a short curve of outside edge forward and change the edge, at the same time bringing the unemployed leg in front of and well across the other. The unemployed leg is then swung round behind the other, the toe of which is raised and the loop skated on the heel, although some skaters prefer to skate this loop on the toe, when of course the heel is raised. If the rotation of the body be continued and the balance be true, a pirouette consisting of one or more revolutions can be effected, but then the movement loses the character of the loop and becomes a one-foot pirouette or spin. The rotation is imparted by the swing of the unemployed foot, which is swung out and carried behind the other; and the body, from the hips upward is turned in the direction of the proposed rotation before the foot is allowed to move; the toe is then lifted and the pirouette on the heel or toe is the result.

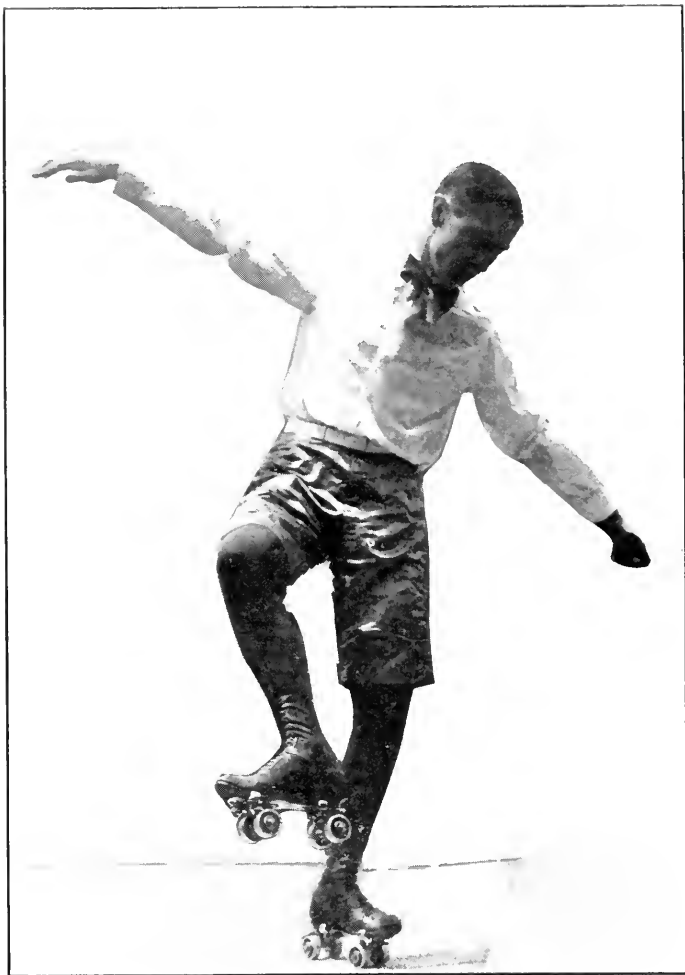


FIGURE 9.  
PHILADELPHIA TWIST.

In skating an outside loop on the left foot the right shoulder corresponds to the outer flank of the cavalry line and brings the body round with tremendous velocity, and, if everything be right with the pivot all will go well, but if the body is not correctly poised a nasty fall ensues, as there is no chance of saving one's self. But the very danger that accompanies it makes the outside loop fascinating.

Without forming loops, if the same tactics as above be pursued and (after the first swinging forward of the shoulder and the unemployed leg for the purpose of obtaining rotation) the body be kept erect, a pirouette of several revolutions may be effected.

In the same way a whole revolution can be made on the toe in the middle of each circle of the cross roll eight. The difficulty here is to check the rotation when a whole revolution has been made. Unless the body be correctly poised at the moment of swinging round, the foot will describe a cusp and a loop and the skater will then be placed on the inside edge backwards, which renders the forward cross roll impossible. If, therefore, the skater cannot manage the forward loop, he must arrange his balance so as to insure a pirouette (i.e., one whole revolution in the same place) so that after the revolution the interrupted curve of outside edge may be continued.

The difference between a loop and a one-foot spin is exactly exemplified by the motion of an expiring spinning top and a top spinning at full speed. In pirouetting or spinning, therefore, the body of the skater must be as upright as possible and correctly poised over the center of gravity, and the leg which was swung out to impart rotation must be brought alongside of the other. The easiest way to learn a one-foot spin on the toe—say on the left foot—is by commencing with a curve of outside with the right and changing to inside edge, at the same time putting down the left toe in the center of the circle being described by the right. When the skater feels himself balanced on the toe he should rise on it and take up the right. The arms should be thrown out at right angles to the body the moment when the



FIGURE 10.  
HEEL AND TOE SPLIT.

right foot is circling round the left; but they should be brought to the side as soon as the skater is balanced on the toe. The toe pirouette is a capital introduction to the pirouette, using both feet, as it begins in the same way, only instead of taking up the right foot, the toe only is raised, and the skater revolves on the toe of the left and the heel of the right foot.

The rotation is given by the right foot circling round the left and the swing of the arms (which should at the start be at right angles with the body) in the direction of the desired rotation. The arms should be kept very stiff and rigid and gradually pressed close to the body. The movement is one of extreme difficulty, as the base is always shifting and it requires an immense amount of practice before it can be skated with anything like certainty. Fifteen revolutions is considered a moderately good spin, but some skaters manage as many as thirty revolutions. To look well the movement should be done with the feet rather close together and the skater should remain on the same spot.

Even to those skaters who are able to execute grapevines on ice, the same movements on rollers present many difficulties, though it will be satisfactory to those who cannot skate grapevines on ice to learn that the power of skating them on rollers renders their acquisition on ice very easy. The constant shifting of the balance from toe to heel which is necessary in the rapid changes is very puzzling, but before attempting the grapevine the beginner should master the various movements that are used in skating this complicated figure. These are the chain, step forwards and backwards, the serpentine line on both feet forwards and backwards with the feet tracking and single turns on either foot.

When the skater is thoroughly familiar with these movements he should begin the single grapevine by allowing the right foot to pass in front of the left with the movement of the chain step when the right shoulder should be thrown back and a turn to right made by means of a common 3 on the right and the reverse 3 on the left foot, the turn to the right foot being half a

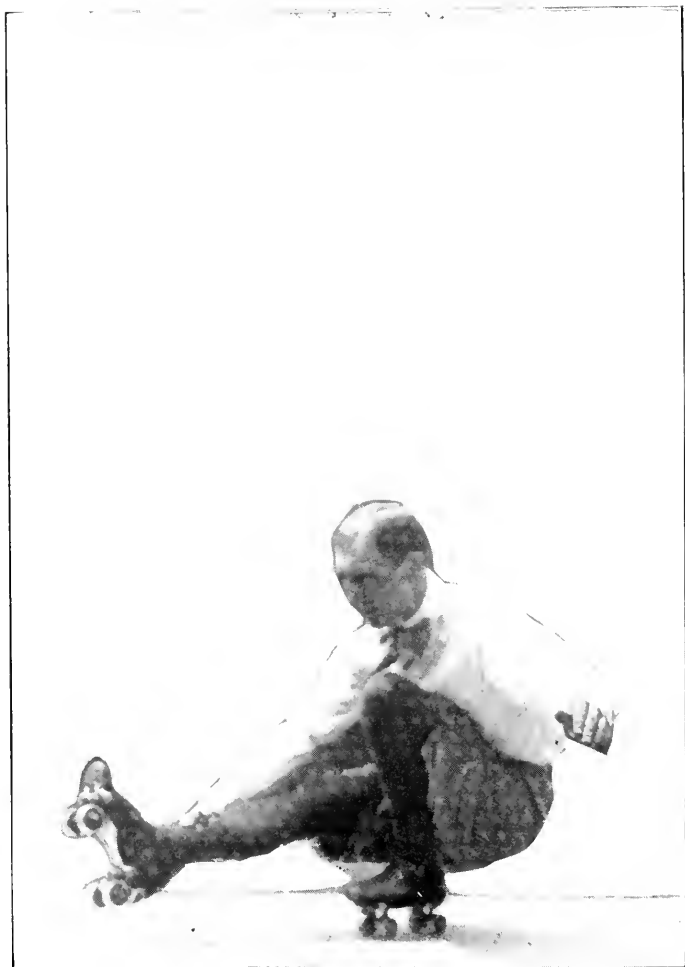


FIGURE 11.  
RIDING THE PONY.

second in advance of the left. Up to this point the movement is perfectly simple, the turn on either foot has brought the skater's body round half a circle and he is going backwards on a curve to the left with right foot leading. When this curve has been sustained a short distance the balance of the body has to be shifted and the feet being retained in the same position (that is with the right leading) a curve has to be made to the right and the left foot allowed precedence of the right by gradually circling round it. The right shoulder has now to be brought forward and the right foot turned inwards on a curve of inside forwards. At this movement the feet are at right angles to each other, with the toes pointing inwards; but this awkward position is soon relieved by the left following the right on a curve of outside forwards, and this turning from forwards to backwards by half revolutions with the intermediate curves is what constitutes the grapevine. As some people have a difficulty in turning the toes in so that the feet are at right angles to each other it is well to begin practicing the grapevine by carefully turning the toes in towards the inside of the waist of the feet.

When the grapevine has been acquired, starting with the right foot in front, it should be learned starting with the left foot in front and making the first turn to the left and when this is accomplished the double grapevine can be tried.

The Philadelphia grapevine is usually skated backwards. With feet apart the skater starts with the chain step backwards, and allows the right to pass in front of and outside the left, the legs being thus crossed and the two feet parallel to each other, with the outsides of either foot in proximity. From this position the toe of the right and the heel of the left are slightly raised, and the right foot is flipped back with a sudden jerk to the right on a curve of outside forwards, the left following on a curve of inside forwards. This brings the skater round half the circle, and the feet become disengaged, and the subsequent turn brings the skater to the position he started with, but with the right foot leading and this enables the left to be brought



FIGURE 12.  
POSITION OF THE FEET WHEN TURNING A CORNER.



across, outside of and parallel to the right and flipped back to the left and so on. The whole difficulty of the movement consists of flipping back the outside foot, and this is done by a sudden twist of the ankle, the feet being locked while half a revolution is being made.

Skating forward, the Philadelphia is begun as a common grape-vine with the chain-step and assuming that the right foot is passed in front of the left, the left is brought up outside of and parallel to it, and then the heels of both feet being slightly raised, the left foot is flipped back to the left on a curve of outside back, the right following on a curve of inside back when the feet become disengaged and the subsequent turn is skated as in the turn from backwards to forwards of the single grape-vine. This brings the skater to the original starting position but with the left leading, by which the movement can be repeated with the rotation to the left and so on.

The movement skated forwards is more difficult than when done backwards, and not so elegant, as the skater's toes are constantly turned in towards each other, instead of out, as in the same movement done backwards.

An eight consisting of outside edge backwards joined by means of the first half of the Philadelphia twist, i. e., the half revolution with the feet locked, is a very pretty figure. It can be accomplished by the skater making a whole circle on the outside back with, say the right foot when he places the left behind, outside of and parallel to the right, and with the feet thus locked he makes half a revolution to the right, and taking up the right skates the other circle of the eight with the left. The movement is in fact a back eight, with the circles tied together with the Philadelphia twist.

There is a variation of the Philadelphia named the Philadelphia spread eagle grape-vine. It is begun as the Philadelphia starting backwards; the right foot is flipped back as in that movement, but when a half revolution has been made the rotation is stopped by the left, which has followed the right on a curve of inside forwards, being turned to inside back thus placing



FIGURE 13.  
HOW TO STOP SKATING FORWARD.

the feet in spread eagle fashion. When this has been sustained for about a yard, the right is turned to outside back, and the left immediately crosses it and takes up its position outside of and parallel to it, when the movement is repeated with the rotation to the left.

The Pennsylvania grape-vine is begun as in the Philadelphia, but instead of making, as in the latter, one half or whole revolution with the feet locked and the other half with them disengaged, the feet are locked and a whole revolution made with them in that position. For instance, taking the movement as skated forwards, assuming that the right foot is passed in front of the left with the chain step which begins the movement, the left is brought up outside of and parallel to it and, when thus locked, the toe of the right foot and the heel of the left are raised and the body swung round a whole revolution to the right on these two pivots; the feet are now disengaged and the right passed behind outside of and parallel to the left and the revolution made to the left and so on. It is an extremely difficult movement, but both the difficulty and danger are minimized by attempting it at a fairly quick pace rather than slowly, as the quicker the revolution is made the quicker the feet get out of the dangerous position of being locked together. In skating the Pennsylvania backwards the pivots are reversed, the loop between the cups being made with the toe. The grapevines can be skated equally well either on ice or rollers; but the following species of grapevine being skated on toes only is peculiar to the rollers.

The skater rises on the toes, and with the chain step passes the right in front of the left and, turning to the right, allows the left to circle round it, the two feet describing two loops. When the skater has described half a revolution the position of the feet will be similar to the position when skating the Pennsylvania, viz.: the right will be across the left and the outsides of the feet in proximity (except, of course, that the skater is all the time on the toes only). Resting the whole weight of the body on the right foot, the left continues to circle round it



FIGURE 14.  
CORRECT POSITION OF FEET WHEN STARTING.

until a whole revolution is made and the feet become disengaged, the result being that a small loop is formed with the right foot and a larger one with the left.

Any skater that will take the trouble to make himself a good figure skater on rollers will without doubt take his place as a first-class figure skater on ice. There is a good deal of persistent drudgery to go through before sufficient skill is acquired to render figure skating on rollers a real pleasure, but the holding to one movement till it is conquered will of itself create interest, and give encouragement to attempt other and greater difficulties.



FIGURE A.  
HAND IN HAND, FORWARD MOVEMENT.

## Fancy Skating

### SINGLE MOVEMENTS.

Roller skating is a pastime, and becomes to the intelligent man an intellectual as well as a sensitive or bodily treat, from its exemplifying the laws of motion. It is the art of balancing the body and propelling it by the action of the feet when fitted with a pair of skates which enables the skillful wearer to travel backwards and forwards at a slow or rapid velocity or to describe a variety of arcs, circles, spirals, serpentine and other figures in either direction and either singly or in combination with other skaters. The art when thus highly elaborated is called "figure skating" or "figuring," for the reason that it is the elevated branch of the pastime. The good skater frequently realizes how deficient he or she is in that accuracy of movement which is the test of his really possessing the command of their skates, and by constant application a polish and finish is attained which enables the skater to overcome greater difficulties on the rollers. There are certain characteristics in each skater partaking most strongly of the temperament of man. All cannot be gifted with the "poetry of motion" which imparts grace and finish. Those who are fortunate possessors of it will certainly find the path to success a shorter one than those who lack it. But the latter must redouble their efforts to try what careful practice will do in eradicating anything that is ungainly, inelegant and awkward.

Fancy skating carries the skater from the simple to the most difficult and complex figures upon a systematic plan, which, when carried to a degree of perfection not only enhances the pleasure of the pastime for the skater, but provides a good entertainment for the spectators. A common error among those ambitious to become proficient in fancy skating is to become discouraged too soon. A beginner often works hard at a particular figure for sev-



FIGURE B.  
HAND IN HAND, FACE TO FACE. DUTCH OR CROSS ROLL.



eral hours and on leaving off seems to have made little progress, but the real practice is sure to have shown results, and on the following day the skater will find the figure that yesterday seemed impossible come with the greatest ease. To master the details of all the fancy skating figures is a moral as well as physical impossibility, and for the purpose of illustrating some of the most simple as well as graceful figures only those that are comparatively easy of accomplishment, yet graceful, are used. If the skater can execute the below-mentioned movements with accuracy, grace and skill innumerable other movements and figures will present themselves.

The first and most important of all figure skating is the Dutch or cross roll (Fig. 2). The movement receives its name from its resemblance to the rolling of a hoop or coin or loose wheel, also the rolling of a ship in a sea. To effect this, impetus may be obtained by inside forward strokes, the turn on both feet to backwards and a few back strokes; then let the skater continue with both feet, running in the parallel curves of a very large circle, and practice the art of easing off the weight of the body from the foot that is on the larger curve (the outer), until it can gradually be lifted from the floor. Impetus must be sustained by occasional strokes of the same foot or, if more convenient, a fresh start made. The sustaining power of the centrifugal force can be experienced by turning the foot that is describing the outside a little more in the menter so as to make somewhat suddenly a smaller curve; this will immediately give the skater a practical proof of the certainty of such movement, restoring the balance if in danger of being lost. Having thus far acquired the edge, the alternate large curves should be struck in the side-ways attitude next, the circles which make the fourth 8. The closing practice should be the swift run forward, the turn on both feet to backward, and the immense spiral to a state of rest without touching the floor with the unemployed foot. This will test the attainments of the learner in outside backwards which on the large scale is a very fine and bold movement, and, moreover, a safe edge to be on at the highest velocity. It must



FIGURE D.  
CORRECT POSITION FOR WALTZING.

not be forgotten that the weight of the body should be on the toe part of the skates in forward edges and on the heel in back edges. Want of nerve in throwing the weight of the body well on to the heel is the cause of the great difficulty that is experienced in learning the back edges. The feet and legs in the cross outside forward or backward are crossed in the act of striking. Therefore everything takes place on the outside edge, and to compensate for the unusual and somewhat disadvantageous position of the feet and the less vigorous impulse obtainable it is necessary to make the utmost use of the weight and momentum of the body. When this is done the impulse is very considerably increased. The hitherto unemployed leg must be gently and evenly swung round the employed one in such a manner that it arrives exactly at the proper time and angle to be put down, and so become the traveling one.

With this movement accomplished, which is the most difficult, and keystone of the others, the following advice and suggestions will be found of assistance. Many skaters are at a loss to know what to do when, skating backwards, they desire to stop. The movement is a simple one (Fig. 1). Balance on one foot, swinging the other to the rear, raising the heel of the rear skate and permitting the toe to drag along the floor. This will be found advantageous in all fancy figures.

Pivot circling, outside edge (Figs. 3 and 6). When skating take an outside edge circle with either foot. The unemployed foot should swing on the circle until the toe touches the floor, continuing to circle until the body comes to a stop.

Choctaw movement. The skater goes from the outside foot forward of one foot to the inside back of the other (Fig. 4). The effort of swinging the body round sufficiently to place down the foot in proper position for taking the new edge necessitates a jump while the feet are in the ungainly position of being turned in.

Plain toe movement spins, inside, are done by letting the two feet run about thirty inches apart (Fig. 5), then turn the toes slightly in, drawing the feet suddenly together, and throw-

ing the head and shoulders in the direction desired. The body must be erect and the hands at the side to look well. This cannot be a good spin without twelve or fourteen revolutions.

Spread Eagle. The straightened knee is as necessary to impart grace to the spread eagle as it is to any other figure, but the straightening of the knee renders the acquisition of the necessary position most difficult and can only be acquired by long practice. The best method of obtaining impetus is by the ordinary run forward, the feet are then placed in a direct line, the heels close together and the toes turned in opposite directions. Assuming the body to be erect and the skater able to hold the feet in this position and proceed in a straight line, it being necessary that the feet be kept in position by muscular exertion alone (Fig. 7). It is quite possible to finish the movement by slowly drawing one foot in front of the other in a straight line, so that the toes instead of the heels are facing each other. By leaning slightly forward when the feet are in spread-eagle position, the skater will be thrown onto the inside edge and a curve instead of a straight line will be the result. In this case the feet will not, of course, be quite in a straight line. At the same time leaning backwards a curve on the outside edge can be attained and the serpentine line formed by the combination of the outside and inside curves. Spread-eagle fashion is very pretty and is known as the "Spread Eagle Wave."

Philadelphia Twist. The single grape-vine movement is followed by allowing the right foot to pass in front of the left with the movement of the chain step, when the right shoulder should be thrown back and a turn to the right (Fig. 9) made by means of a common 3 on the right and the reverse 3 on the left foot, the turn to the right being half a second in advance of the left. The turn on either foot brings the skater's body round half a circle. When this curve has been sustained a short distance the balance of the body has to be shifted, and the feet being retained in the same position (that is, with the right foot leading) a curve has to be made to the right and the left foot allowed to take precedence of the right by gradually circling

round it. At this moment the feet are at right angles to each other with the toes pointing inwards. But this awkward position is soon relieved by the left following the right on a curve of outside forwards and this turning from forwards to backwards by half revolutions with intermediate curves is what constitutes the grape-vine.

Heel-and-toe Split. In skating forward the weight of the body should be thrown on the heel of one foot and the toe of the other (Fig. 10), keeping the feet apart. This can be accomplished in both the straight and serpentine movements.

Riding the Pony. A favorite trick of the boys and those fairly advanced in fancy skating. After securing a good momentum allow the weight of the body to rest on one foot and bend to a sitting position, with the other leg extended to full length (Fig. 11). This can be accomplished in plain forward movement or in large serpentine curves.

Turning a Corner. In approaching the curve, the skater being on the left foot (Fig. 12), outside edge forward, the right foot is brought forward and placed in front of the left, the weight of the body being shifted to the right foot simultaneously.

To stop in forward movement. The correct position of the feet in stopping when skating forward is to allow the weight of the body to rest on one foot, place the unemployed foot behind the one employed, in a right angle position (Fig. 13), allowing the wheels to drag in this position until the skater has come to a stop.

Position for starters. Take a short step or glide forward, at the same time permitting the weight of the body to shift to the foot in the forward position. Continue the movement from right to left and vice versa (Fig. 14), until the plain outside edge roll forward is mastered.

## DOUBLE MOVEMENTS.

Hand-in-hand forward movement. The man takes his position on the left of his partner when starting the figure on the right foot, taking her left hand in his right or holding her right

hand in his right and her left in his left (Fig. A), the joined hands being underneath the left hands. It is essential that the outside skater, i.e., the one to the left when on an outside of the right leg, and vice versa when on an outside of the left, should just previous to a turn being made be in advance. The stronger skater should be on the outside, as he with greater power will more readily shoot ahead just previous to a turn. When turns made from an inside forward on the right, the left-hand skater must previous to the turn be behind his partner, and the right-hand skater behind his partner when on the left leg.

Hand in Hand, Face to Face.—The hands should be held in a natural way, viz., the man standing face to face with his partner's left hand in his right and vice versa (Fig. B). The simplest of the figures is the forward and back roll in which the lady executes the forward cross roll starting with the left, and after this has been practiced some time, the lady may substitute a turn for a stroke of outside forward, which will have the effect of reversing the order of going.

Waltz Movement.—There is very little difference between this movement and the preceding one. The skaters assume the same position as in the ordinary waltz and follow the hand-in-hand face-to-face figures. The man should hold firmly (Fig. D) to his partner in whirling.

Hand-in-Hand Mohawk Movement.—Start the movement in the first of the double figures, with a firm large outer edge forward, right foot, flatten the shoulders into the plane of the right skate by carrying the left shoulder way back, turn the toes of the left feet as far out as possible. By a gentle tilt of the body shift the weight from the right foot to the left. The foot will drop in position neatly on the proper edge and the movement continued.

## Sports on Roller Skates

With the revival of roller skating many novel sporting and athletic events have been introduced. When skating was in vogue nearly two decades ago speed skating formed the only real athletic feature, although figure skating was always popular. Just as the ball-bearing skate has supplanted the old-fashioned skate, so has modern ideas and ingenuity found ways and means to provide an ever-exacting public with something new and attractive. Of all sports and pastimes on roller skates basket ball holds first place. It offers greater opportunity for scientific play and is fast and exciting. In fact basket ball is a much faster game on roller skates than in the ordinary style. This means that notwithstanding the difficulties in preserving one's equilibrium at all times, the passing, dribbling and goal throwing can be made just as fast as the players are expert on the rollers. There is no let up in the game, and it is full of exciting plays and interesting maneuvers. The liability of accident is minimized and with the proper enforcement of rules players who have become proficient in roller skating should make few if any tumbles.

Roller polo is too well known to need any special mention. Similar to ice hockey and pony polo, it is fast, fascinating and entertaining, but requires considerable practice to reach a degree of perfection to appeal to the followers of roller skating. Some years ago there were several roller polo leagues, but the absence of devotees to roller skating was largely instrumental in causing the sport to lose favor. With so many members of the various athletic clubs throughout the country now enjoying roller skating an early revival of the game may confidently be expected.

Broom ball is another game that appeals to the followers of roller skating. It is played under rules similar to that of roller polo. Instead of hockey sticks, brooms are used, and a Spalding Association foot ball replaces the ball used in polo. There is less

liability of accident, but compared with polo it lacks the scientific part of the game. Five men play on each side, and the inflated leather-covered ball is propelled, or hit, with the birch part of the broom. The object is to drive the ball through goal posts placed at each end of the hall.

Push ball on roller skates is amusing rather than scientific, and while it affords untold amusement to the spectators it is of little real value to the players from an athletic standpoint. It has been played with considerable success and must take its place among the new sports and pastimes in the roller skating rink.

Gymkhana races have found favor with the present revival of roller skating. These consist of a series of obstacle competitions which bring into play all the athletic faculties of the skaters. Gymkhana races are an Indian product, where the officers and men of the British Army stationed in that country find the ordinary athletic events too strenuous with the thermometer at 100 degrees in the shade. These consist of crawling through barrels and rings of a ladder placed on edge, jumping over low hurdles and crawling under netting, or surmounting any obstacle which may impede the progress of a contestant. These races can be arranged so as to give an entire programme of events.

Among the other sports adapted to roller skating are: Speed races, relays, high jumping, long jumping, skating backwards and potato races. In addition to these sports ball masques and fancy dress competitions may be added to the list of events to provide a programme of interesting entertainments. The following is an illustration of programmes that can be varied to suit the conditions of the skating rink:

#### PROGRAMME I.—ATHLETIC SPORTS.

Monday—Basket Ball.

Tuesday—Speed Races.

Wednesday—Roller Polo.

Thursday—Gymkhana Races.

Friday—Broom Ball.

Saturday—Push Ball.



## PROGRAMME II.—MIXED.

Monday—Basket Ball.

Tuesday—Ball Masque.

Wednesday—Speed Races.

Thursday—Gymkhana and Relay Races.

Friday—Fancy Dress Competition.

Saturday—Roller Polo.

## Rules for Good Form

The body should be erect, but yielding and kept generally square to the front; but the skater should remember that the lines of business are straight while those of pleasure are curves. The body, therefore, should be easy and pliable, with no degree of stiffness, leaning slightly forward. An air of lightness should pervade every motion.

The head should be carried upright, inclining backward, and easy in any position; the skater should always remember the important caution: never look down at the feet while skating!

The shoulder must be kept slightly back of the breast and moderately low, not forced, but easy in the position.

The legs should not be stiff. Nothing so effectually destroys the beauty and gracefulness of the movement as stiffness of the limbs, and, as it gives a rigidity to the body it is not only unbecoming, but materially disadvantageous.

The knee of the performing leg should be slightly bent. This rule is absolute.

The arms must hang loosely at the side, the elbows slightly bent, the hands naturally facing the body, the fingers neither imitating the tines of a fork, nor clutched as if with a spasm, but a little bent and slightly separated. A position of ease, natural, unassumed, and especially devoid of affectation is essential. The body should be held naturally erect, yet yielding and with the chest well expanded. All the members of the body should work in unison, in an easy and pliable manner, with no stiffness, and an air of lightness should pervade every motion, as a constrained or forced motion destroys harmony, and gives pain to the spectators. Whatever position the head is thrown into while the skater is executing different movements, it should fall into position naturally, never too stiffly. It should incline as if by intuition, in a continued, graceful motion, with-

out apparent effort or volition. The shoulders should always be kept well back, not forced, but in position. Stiffness of the limbs gives a rigidity to the body which is unbecoming and naturally disadvantageous. A pliability of form is absolutely necessary to the acquirement of the different movements executed on skates.

Remember that the head rules the feet. Remember that when striking out on any edge you must feel that you are perfectly keen on that edge until it is changed to another. Remember that it is allowable to look down at the feet in executing a certain figures "to place," but that in cutting figures "in field" it is absolutely unnecessary, in fact, detrimental. Remember not to skate your movements too hurriedly, as you are not skating against time, and speed is certainly the greatest enemy of grace.

## Race Skating Rules

1. The officers of a Race Meeting shall be:  
One Referee.  
Three Judges at the finish.  
Three Timekeepers.  
One Scorer, with assistants, if necessary.  
One Clerk of the Course, with assistants, if necessary.  
One Starter.  
Four Parole Judges.  
Two Measurers.
2. The Referee shall be the executive officer and shall decide all points of dispute and infringement of rules. His decision shall be final and without appeal.
3. The Judges at finish shall determine the order of finishing of contestants, and shall arrange among themselves as to noting the winner, second, third, as the case may be. In case of disagreement the majority shall decide, and their decision as to order of finish shall be final and without appeal.
4. Each of the three Timekeepers shall time every event. Should two of the three watches mark the same time and the third disagree, the time marked by the two watches shall be accepted. Should all three disagree, the time marked by the intermediate watch shall be accepted.  

The flash of the pistol shall denote the actual time of starting. In case only two watches are held on an event, and they fail to agree, the longest time of the two shall be accepted.

For record, however, three watches must be held on an event.
5. The Scorer shall record the order in which each competitor finishes his event, together with the time furnished him by the Timekeepers. He shall keep a tally of the laps made by each competitor in races covering more than one lap, and shall announce by means of a bell, or otherwise, when the leading man

enters the last lap. He shall control his assistants, and assign to them such of his duties as he may deem best.

6. The Clerk of the Course shall record the name of each competitor who shall report to him, shall give him his number for each race in which he is entered, and notify him before the start of every event in which he is engaged, and see that he is placed on his proper mark.

The assistants shall do such portions of his work as he may assign to them.

7. The Starter shall have entire control of competitors at their marks and shall be the sole judge of fact as to whether or not any man has gone over his mark.

His decision in such case shall be final and without appeal.

All races shall be started by report of pistol, a snap cap shall be no report. There shall be no recall after pistol is fired. When any competitor shall touch the floor in front of his mark before the starting signal is given, it shall be considered a false start.

Penalties for false starting shall be inflicted by the starter as follows: For first offense, the competitor shall be put back one yard, and another yard for second offense, and for the third offense disqualified.

8. The Patrol Judges shall be stationed at the corners of the course, from which places they will watch closely the contestants, and if they observe any fouling or irregularity, calling for official action, they will immediately after the heat or race report the same to the Referee.

9. All track measurements shall be certified by the measurers and the measurement of track shall be two feet from the inner edge, which edge shall be clearly defined to their satisfaction.

10. Entries shall not be received, or acknowledged until the entry fees are paid in full and accompanied with a registration card.

11. All entries shall be made upon official entry blanks in the real name of applicant, with age and address.

12. Immediately on arrival each competitor shall report to the Clerk of the Course.

13. Each competitor shall be supplied with, and wear during each contest, a distinctive number corresponding to his number on the programme.

14. He shall inform himself of the times at which he must compete, and will report promptly at the start without waiting to be notified.

15. No attendant shall accompany a competitor on the course. Competitors shall draw lots for their respective places on the post before leaving the dressing-room.

16. The contestant that gets the inside place, or pole, has the right of way, and can only be passed on the right hand. BUT SHOULD SAID PARTY STRAY AWAY FROM THE POLE, ANY CONTESTANT IS PRIVILEGED TO PASS ON THE LEFT HAND, PROVIDED THAT THERE IS AMPLE ROOM.

17. A contestant winning the pole place is entitled to all its rights.

18. All contestants will invariably pass each other on the right hand, except as specified above in capitals.

19. No consideration or allowance of time will be granted to any contestant where they are to blame for any delay or mishap.

20. Each competitor shall keep in his respective position from the start to finish in all races on straightaway tracks, and in all races on tracks with one or more turns he shall not cross to the inner edge of the track, except when he is at least twelve feet in advance of his nearest competitor.

21. The Referee may disqualify from that event any competitor who willfully pushes against, impedes, crosses the course of, or in any way interferes with another competitor.

22. The Referee may disqualify from further participation in the races any contestant for loafing, traveling behind for rest, or wind break, competing to lose coaching, or in any way impeding the chances of another competitor either in a trial or final contest.

23. Verbal protests can be made at or before any competition or race meeting against a competitor by anyone competing. But

such protest must be subsequently made in writing and duly presented to the Referee within forty-eight hours thereafter.

24. The Referee shall set a time and hear both sides of a case of protest, and decide the same.

25. A tape shall be stretched across the track at the finish, four feet above the floor at right angles to the course and parallel to the floor. The finish line is not this tape, but the line on the floor drawn across the track from post to post. The tape is merely intended to assist the Judges in their decision.

A finish shall be counted when any part of the winner's body, except his hands or arms, shall cross the finish line.

---

### CAUSE OF DISQUALIFICATION OF CONTESTANTS.

1. Who willfully fouls, crowds, pushes, hinders or in any way impedes the progress of any other contestant in a race.

2. Who cuts inside of any corner or Parole Judge, or who willfully leaves the course before the race is finished.

3. Who is guilty of offering, agreeing, conspiring or attempting to cause any race to result otherwise than on its merits.

4. Who uses profane language or is guilty of improper conduct at the race meet.

5. Who gambles or bets on the results of a race.

6. Who fails to pay entrance fee before the race, or is not properly registered.

7. Who has ever entered in a contest under an assumed name.

8. Who has contested for a money prize within two years.

---

### PROGRAMME FOR FIGURE SKATING CONTESTS.

The object of this programme is to set forth the movements of figure skating so as best to test the proficiency of skaters, and in an order that will economize the strength of the contestants. The movements are arranged under comprehensive fundamental heads. It is to be understood that whenever practicable all move-

ments are to be executed both forward and backward on right foot and on left.

1. Outside edge roll forward.
2. Outside edge roll backward.
3. Single and double flat foot spins, crossfoot and two foot whirls.
4. Inside edge roll forward.
5. Inside edge roll backward.
6. Figure eight on one foot, forward, single and double circles.
7. Curved angles—threes, single, double and chain, beginning on inside or outside edge.
8. Figure eight on one foot backward, single and double circles.
9. Cross roll forward in field and eights, single and double circle.
10. Cross roll backward in field and eights, single and double circle.
11. Loops and ringlets on inside and outside edges, single and in combination.
12. Change of edge roll forward, beginning on either outside or inside edge.
13. Change of edge roll backward, beginning on either outside or inside edge.
14. Curved angles—rocking and counter rocking turns from outside edge to outside edge and inside edge to inside edge, forward and backward.
15. Curved angles—crosscuts or anvils on inside and outside edges.
16. Grapevines.
17. Toe and heel movements, embracing pivot circling, toe spins (pirouettes) and movements on both toes.

In case of a tie the judges shall order the competitors so tied to skate five specialties each.

If limited as to time the judges may select what is thought best.



This schedule is intended as a guide, as well to skaters as to judges who should continually bear in mind that grace is a most desirable attribute to artistic skating.

The rules of the Amateur Skating Association of the United States are as follows:

The officials of a figure skating competition shall be three judges and one scorer.

The judging shall be done on a scale of points running from the number of contestants down to 0.

Experience shows the following to be the most practical method of scoring:

"The number to be given to the one standing first in any section shall be that of the number of contestants. Should there be two or more of equal merit, they should be marked the same number; and the one coming next below takes the number resulting from subtracting the number of competitors above him from the number entered. A total failure is marked zero."

A fall does not necessarily constitute a failure.

At the conclusion of each figure each judge shall, without consultation with his associates, mark the number of points which he awards to each competitor.

These reports shall then be compared, and in case of disagreement the majority shall decide.

The scorer shall keep an accurate record of the points allowed to each contestant on each figure.

In deciding the relative merits of competitors, special attention will be given to grace and ease of position, accuracy in skating to place and ability to use both feet equally well.

Competitors before coming on the floor will draw lots to decide the order in which they will skate, and shall preserve this order throughout, except that the competitor who leads in each figure shall skate last in the next on the programme, the others preserving their relative succession.

If, in the opinion of the judges, any competitor shall not have skated in the first nine numbers sufficiently well, they may require him to retire.

Any competitor refusing to skate when called upon in his proper turn, without a reason satisfactory to the judges, will be ruled out of the competition and shall leave the floor.

The decision of the majority of the judges shall be final in regard to all questions of disqualifications, interpretations of the programme, and merits of the competitors.

## Playing Rules for Roller Polo

Among the many games that can be played on roller skates polo is one of the most fascinating and popular. It affords healthful exercise for the players and furnishes wholesome enjoyment for spectators. The rules for roller polo follow:

Each team shall consist of five players, to be designated as follows: One goal tend, one halfback, one center, two rushes.

The ball shall be the regulation rubber covered polo ball, which shall be furnished by the manager of the home club.

The sticks shall not exceed four feet in length, one inch and one-eighth in diameter, or fifteen ounces in weight. The crook of the stick may be covered with leather, but no metallic substance will be allowed near that end of the stick. A cord or strap shall be attached to the handle to prevent the stick from slipping from the hand, but it shall not extend more than ten inches beyond the end.

All games shall be played upon circular running skates in good order, the rolls to be standard size. No player shall be allowed to appear on the surface with a metal roll nor one less than one and one-quarter inches in diameter. No skate shall be more than two inches shorter than the ordinary boot or shoe of the player. The spindle must not project more than one-eighth of an inch from the skate. The cotter pin must be applied to the outside of the skate and a blind-headed end on the inside thereof.

The skates must be securely fastened to the feet and no player can call time to readjust his skates. In case a skate is broken and a player thereby is obliged to leave the surface, his place must be taken by a substitute in uniform. The player retiring may resume his position at the option of his captain. For each championship game two balls shall be furnished by the home club to the referee for use. If the ball in play is batted

out of the playing surface and is not returned within thirty seconds the other ball shall be put in play by the referee. As often as one of the two in use is lost, another must be substituted, so that the referee shall at all times after the game begins have two for use.

Should the ball become out of shape, cut or ripped so as to expose the yarn, or in any way so injured as to be, in the opinion of the referee, unfit for use, the referee on being appealed to by either captain, shall at once put the alternate ball into use and call for a new one.

The goal shall be three feet high and four and one-half feet long. The surface must be pumiced before each game.

In playing a game, the front of the cage or goal must not be less than ten feet from the end and equidistant from the side of the playing surface of the rink.

No player except the goal tend shall be allowed within a semi-circle plainly indicated in front of the goal, the radius of which must be two and one-half feet from the center of the goal line. It is understood that if the goal tend leaves his position, whoever for the time being takes his place is the goal tend.

To start the game, the ball shall be placed at rest at the middle of a straight line drawn through the center of each goal and at the whistle of the referee, shall be charged upon by the rusher who is standing by the goal. No other player shall be permitted to rush for the ball, and should any player of the opposing side attempt to block an opposing rusher before the ball is charged a foul must be declared. In starting on a rush one rusher only can stand at the cage. The other must stand at the side of the rink.

A goal is won by the passage of the ball into the cage or net from the front, where it must remain until removed by the referee. No goal shall be allowed when kicked in by one of the opposing team.

The positions of the teams shall be reversed after each goal.

Three innings of fifteen minutes each of actual playing time shall constitute a game, except as provided hereinafter, and the

club winning the most goals in that time shall be the winner of the game.

In computing the time all waits between goals and during the progress of the game on calls of time shall be deducted from the actual time and only the playing time of the goal reckoned.

The final goal shall be the one which ends at the expiration of the third fifteen minutes of actual playing time, unless the clubs are tied, in which case the deciding goal shall be played. In case of a tie at the expiration of the third period all fouls shall be declared off and play shall be continued until the decisive goal is scored. In case a game is interrupted by unavoidable accident or other unforeseen cause and cannot be continued, the game shall be awarded to the club leading at the time of interruption, provided two periods have been played.

There shall be a corps of official referees and timekeepers, and time must be kept by a stop-watch or a stop-clock. If the timekeeper fails to appear at any game a substitute shall be appointed by the manager of the home team.

The visiting team shall be allowed a representative at each game, who may require of the official timer that the watch be so held that both can at all times see its face, and the official scorer so keep his record that the visiting representative may at all times see same. At any time a question arises note shall be made of the differences and the matter settled at the close of the periods.

No person but the players and referee shall be permitted on the surface during a match, unless assistance is to be rendered in case of accident, or unless upon mutual invitation of the captains and referee. Failure to observe this rule within one minute after the direction of the referee to leave the floor will carry with it a forfeiture of the game.

The referee shall have charge of the clubs and the surface from the time the game is called till it is finished or postponed. He shall start and call the game, shall settle all disputed points, and shall announce each goal, giving its time and all fouls and their nature.

The referee is the master of the surface from beginning of the game to its close, and he must compel the players to observe the provisions of the playing rules.

The referee must keep the contesting teams playing constantly from the beginning of the game to the termination, allowing for such delays as are rendered unavoidable by accident.

The referee must call play promptly at the hour designated by the home club, and on the blast of the whistle the contest shall begin. When the whistle is blown for time, no goal can be counted that is made until the signal has been given to renew play. The sound of the gong shall announce the termination of the contest.

The skates of each club shall be examined by the referee or the manager immediately before the players go on the surface or before leaving the surface. No player shall be allowed to leave the surface without permission of the referee, who shall examine his skates upon his return.

There shall be an official scorer connected with each club, who shall prepare a summary of each contest, which shall contain the names of players, date of game, the number and order of rushes, goals won by each team, and a record of fouls; giving names of players making the same and the time occupied in playing for each goal.

If the ball go out of bounds the referee shall blow his whistle to call time and place the ball at the point opposite where it went out, at least four feet from the rail. In recommencing play, the players who do so must stand in position to knock the ball lengthwise of the surface with their backs toward the sides.

Time shall be called by the referee whenever a foul occurs. Upon the renewal of the game the ball must be placed where the foul occurred.

If time is called while goal is in progress the play shall not cease until the referee's whistle is blown.

A goal shall be taken from either side for every third foul committed by it during the progress of a game. After taking cognizance of a third foul and announcing the result the referee

shall continue the game from where it left off at the call of foul.

It shall be deemed a foul: (a) if any player stop or strike the ball when any part of his person except his feet is touching the surface; (b) if any player stop, catch or bat the ball with his hands or arms; (c) if the player intentionally violate Rule 7; (d) if any player hold another player on the surface or against the rail; (e) if any player run about or strike the ball while one of his skates is off or broken; (f) if any player stop before or in the immediate vicinity of the goal cage to readjust his skates; (g) if any player put his stick between the arm and body of another player.

If the referee decides that a foul is made in the goal by the goal tend, or by any player taking his place, for the time being, that prevents a goal from being made, a goal shall be declared for the opposing side.

In case two or more players are in the goal circle and either is hit by the ball a foul in goal shall be declared and a goal allowed against the intruder.

If any player remove or attempt to remove the ball after it has gone into the goal a goal will be allowed the opposing side.

Any act by any player that is manifestly intended as an unwarrantable interference by one player with another may be declared a foul by the referee from his own observation or upon complaint by the captain of the offended side.

If on account of the absence of or injury to any player a substitute is necessary and no regular member of the team is present any person may be selected with the approval of the captain of the opposing team, given in the presence of the referee.

If a dispute arise upon the surface it shall be settled by the referee and the two captains; the players shall take no part in the discussion unless called upon by the referee.

If any club refuses to abide by the decision of the referee within one minute after being ordered to resume play they shall forfeit the game.

If from any cause during the game play should be suspended each player shall refrain from touching or knocking the ball.

Upon the beginning of play the visiting club shall take the goal nearest the entrance to the surface.

No player shall wear any extra appliances larger than the ordinary size, such as masks, shin pads, chest protectors, etc., to impede the progress of the ball. The shin pads of the goal tend shall not exceed 9 inches diameter. Any player violating this rule shall be ordered from the floor by the referee to make such changes as the referee may desire.

In case a stick strap is broken the player must cease play until it is repaired or another stick secured. Failure to observe this shall entail the calling of a foul by the referee.

The sound of the gong shall announce the close of each period.

No player shall throw his stick at the ball or across the surface.

Any player deliberately tripping or striking another shall be cautioned, and for a second offence during the same game, he shall be ordered from the surface for the remainder of the game.

Any player engaging in a broil or altercation upon the surface may be immediately ordered from the surface and may be suspended or expelled.

Any act by any player that is manifestly intended to injure a player, delay or obstruct the game or is contrary to the spirit of fair and honorable play shall subject the player to expulsion from the floor.

If at any time during the game any player shall use abusive or insulting language or offer violence to any referee he may expel him from the floor.

In case of any disturbance, unnecessary noise or interference with the game or the referee by any one else, the referee shall have the right to suspend the game until quiet is restored, or if necessary he may order the offending party or parties expelled from the rink. In case his orders are not complied with he may stop the game and award the game to the visiting club.



## National Rules Governing Fancy, Trick and Figure Skating

*Figure No. 1—*

Outer edge roll forward on flat foot; toes; heels.

*Figure No. 2—*

Inner edge roll forward on flat foot; toes; heels.

*Figure No. 3—*

Outer edge roll backward on flat foot; toes; heels.

*Figure No. 4—*

Inner edge roll backward on flat foot; toes; heels.

*Figure No. 5—*

Change of edge forward, beginning either on inner or outer edge on flat foot; toes; heels.

*Figure No. 6—*

Change of edge backward, beginning either on inner or outer edge, on flat foot; toes; heels.

*Figure No. 7—*

Figure 8 forward on flat foot; toe; heel.

*Figure No. 8—*

Figure 8 backward on flat foot; toe.

*Figure No. 9—*

Various spins. Spins must not be reinforced after starting a spin.

*Figure No. 10—*

Bracket circles. Change edge on flat foot; toes.

*Figure No. 11—*

Grapevines, on flat foot; toes; heels.

*Figure No. 12—*

Promenade and two-step specialties, on flat foot; toes; heels.

*Figure No. 13—*

Lilac cut backward on flat foot and toes.

*Figure No. 14—*

Forward and backward serpentine on flat foot; toe; heel.

*Figure No. 15—*

Bracket 8 on flat foot; toe.

*Figure No. 16—*

Four crosses on flat foot.

*Figure No. 17—*

Flying threes on flat foot; toes.

*Figure No. 18—*

Loops and ringlets on flat foot; on toes; on heels.

*Figure No. 19—*

Cross cuts and cut-offs; single and double circles; flat foot; toes.

*Figure No. 20—*

Specialties. One foot forward; toe; heel.

*Figure No. 21—*

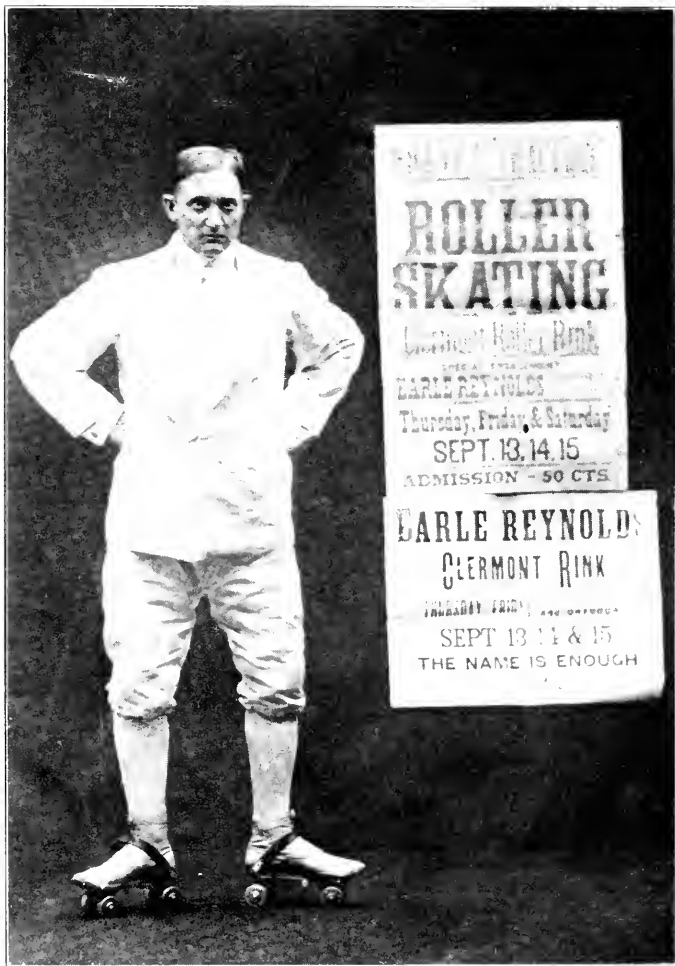
Specialties on flat foot backward; one toe; one heel.

*Figure No. 22—*

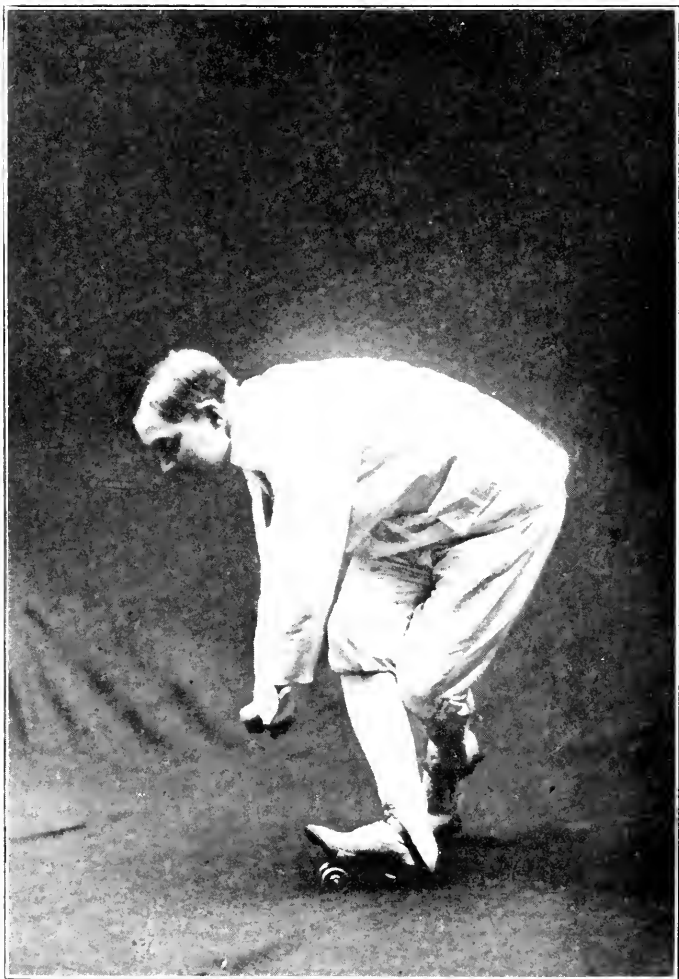
General display of original and peculiar movements.

NOTE.—In all figures the contestant must be able to do his figures to left foot as well as the right foot; also all movements scheduled in this program must be done on toes and heels as well as on the flat foot. In all contests the Amateur Athletic Union will govern, and they will have full power to appoint all judges and officials which may govern such contests, both amateur and professional.

Scoring will be on the basis of 100 per cent. for each figure. As there are three parts to some of the figures each part will count  $33\frac{1}{3}$  per cent., as per example: Forward outer edge roll on flat foot counts  $33\frac{1}{3}$ ; on toe,  $33\frac{1}{3}$ ; heel,  $33\frac{1}{3}$ ; total, 100 per cent.



CHAMPION EARLE REYNOLDS.



CHAMPION EARLE REYNOLDS SHOWING BACKWARD REVERSIBLE  
ONE-TOE SPIN, STARTING FIRST WITH A CORKSCREW SPIN.

Photo by Hall.

## FANCY SKATING—HOW TO BECOME AN EXPERT



### ROLLER SKATING.

The following suggestions should be carefully adhered to in entering upon the practice of Roller Skating, and a thorough understanding of the preliminary steps should be acquired before attempting fancy or difficult movements. Learn one movement at a time and that one sufficiently well to be able to perform it at pleasure and without danger of falling. Overtaking the abilities will surely result in a tendency to acquire awkward habits.

Have confidence in the ability to perform what you are about to undertake; avoid as well over-confidence or timidity, either one will make the novice appear ridiculous to spectators.

A position of ease, natural and devoid of affectation should be cultivated, the body should be erect but without stiffness.

*The head* should be held easily and slightly inclined backward. *The body*, though inclined slightly forward, should be quite erect; the chest expanded and shoulders squared; avoid stooping or bending and endeavor to cultivate a carriage as elegant as the natural physique will allow. *The arms* should be held or swung naturally at the side, all stiff and awkward motions should be studiously avoided. The positions of *the limbs* should be well cultivated, a graceful carriage requires that they be kept nearly straight the greater portion of each stroke; the raised foot being held from the surface by a slight bending of the knee, barely enough to clear the skate from the floor.

Avoid looking at the feet while skating, the attention should be directed towards some object on a line with the eyes.

Start slow, fast movements are apt to result in awkward falls. Be satisfied with a gradual improvement and by acquiring ex-



CHAMPION EARLE REYNOLDS—STARTING OF FIGURE 8 ON ONE  
TOE, CUT EDGE.

Photo by Hall.

perience the chances of falling, though sometimes unavoidable, will be greatly lessened.

### DRESS.

As the body requires less clothing while exercising than when at rest, the skater should never be overburdened with wraps or overcoats. Any unusual change of dress is unnecessary, though ladies should not wear very long dresses nor hoop skirts.

Never sit down nor stand in repose in the cold air when heated, unless extra clothing is put over the shoulders, and not even then when it can be avoided.

High cut, broad heeled shoes or boots should be worn; under no circumstances should low cut, narrow or high heeled shoes be used. The skate should be selected with particular reference to the size of the foot; the forward rollers being properly placed directly under the ball of the foot.

### SKATES.

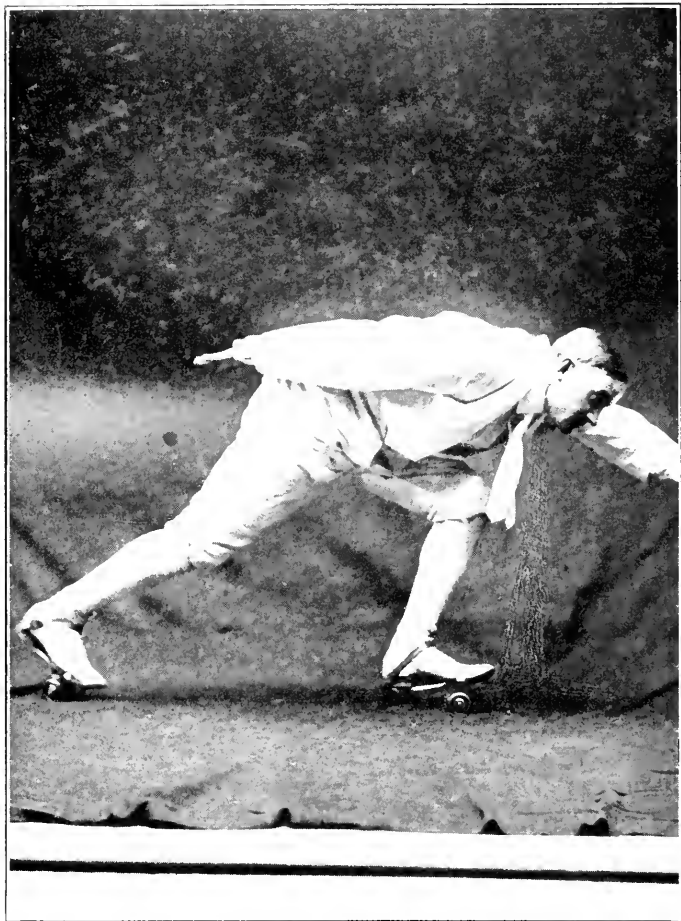
In the selection of skates the Spalding line as catalogued meets the requirements of the average skater, whether for rink or fancy skating. A very popular one being the new Spalding Rink Skate, all steel throughout.

### PRACTICE.

To attain grace and perfection in skating a careful study of the first movements and positions is very essential. Without such knowledge the mastery of the intricacies of the difficult movements will become a matter of considerable time and much unnecessary labor, and it is not at all unlikely that the movements thus learned will lack the graceful appearance so desirable in this pastime.

In the following pages a clear, concise and well illustrated description, showing as nearly as possible the relative positions of the feet, the curves to be described and the correct angle of each movement at the commencement of the step, is intended to take the place of the professional instructor.

The important feature in the art of skating consists in a thorough understanding of the method of maintaining a perfect bal-



CHAMPION EARLE REYNOLDS—STARTING ONE TOE SERPENTINE  
FORWARD AND REVERSING ON SAME TOE BACKWARD,  
EXECUTING SAME MOVEMENT. Photo by Hall.



ance in each movement; by practice the beginner intuitively gains the practical knowledge necessary to keep the body erect and in perfect equilibrium.

Remember always that in skating the weight of the body must be inclined forward, enough so at least that the centre of gravity will be directly over the gliding foot; by observing this rule the chances of falls will be much lessened, particularly backward falls. The feet also should be well placed, and the proper angles taken; under these circumstances it will be hardly probable that the skates will go far astray.

Careless ways should be carefully avoided; nothing is easier than to acquire an awkward style; nothing more difficult than to overcome it. The most usual faults are;—bent knees, high shoulders, waving arms and shuffling scratchy strokes with the feet. Long, clear and firm strokes with each foot, head well up, arms down, limbs straight and body erect are the points to be cultivated.

#### COMBINATION SKATING.

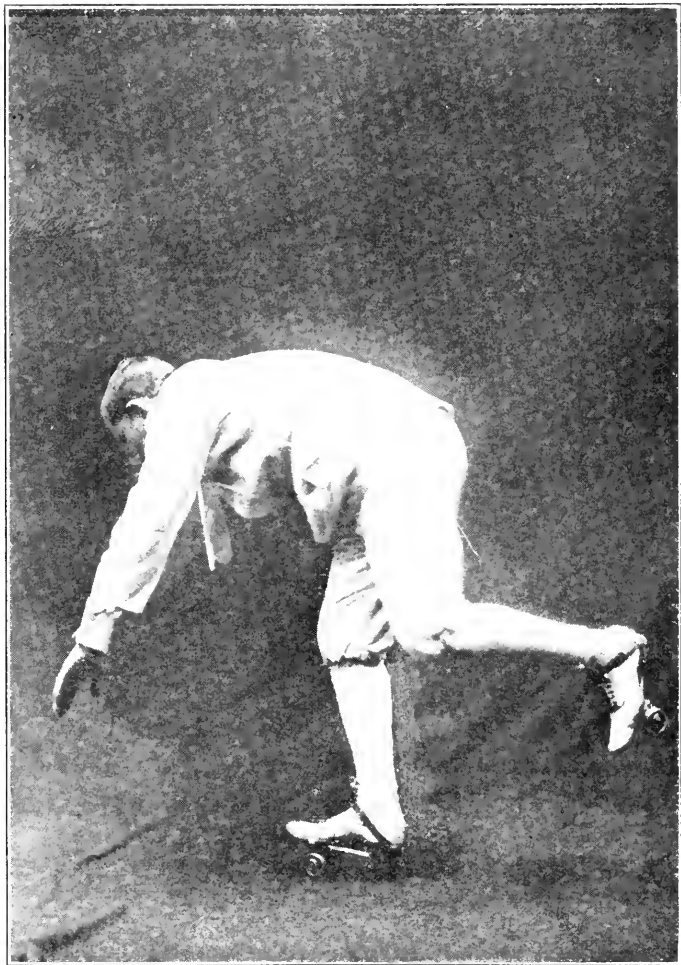
Skating in couples affords a most enjoyable means of executing, not only the simple but the difficult movements, many of the figure movements being greatly improved by thus executing them. Skaters should faithfully practice those movements which will allow of skating with partners, at every favorable opportunity.

#### DANCING.

Expert skaters will find no trouble in learning to waltz, or go through the movements of quadrilles on rollers. A thorough proficiency in the movements here given will enable the skater to acquire with comparative ease, the necessary steps for waltzing; the side glide, cut-off step, grapevine and scissor movements will afford excellent practice for this purpose.

#### COMPLETE LIST OF MOVEMENTS PERFORMED ON ROLLER SKATES.

The following list includes nearly all the movements and combinations known to the best scientific skaters. They have been



CHAMPION EARLE REYNOLDS—FLYING THREES ON ONE TOE, BOTH  
BACK AND FORWARD. MOST DIFFICULT FEAT KNOWN  
TO HUMAN BALANCE.

Photo by Hall.

arranged by an expert for the special use of skilled roller skaters. In most instances the name will, in connection with the preceding descriptions, enable the reader to understand the manner in which each combination is executed.

1. Plain Roll, forward.
2. Plain Roll, backward.
3. Cross Roll, forward.
4. Cross Roll, backward.
5. Change Edge Roll, forward.
6. Change Edge Roll, backward.
7. Change Edge Cross Roll, forward.
8. Change Edge Cross Roll, backward.
9. Inside Edge Roll, forward.
10. Inside Edge Roll, backward.
11. Long Roll, forward, outer edge.
12. Long Roll, backward, outer edge.
13. Long Roll, forward, inner edge.
14. Long Roll, backward, inner edge.
15. On to Richmond, forward.
16. On to Richmond, backward.
17. Polka Step, forward.
18. Polka Step, backward.
19. On to Richmond Polka, forward.
20. On to Richmond Polka, backward.
21. Polka with Side Glide Step.
22. Polka Step Double, forward.
23. Polka Step Double, backward.
24. Promenade Step Plain, forward.
25. Promenade Step Plain, backward.
26. Promenade Step with Turn Right.
27. Promenade Step with Turn Left.
28. Promenade Step with Turn Right and Left.
29. Promenade Step with Grapevine Twist.
30. Promenade Step with Philadelphia Twist.
31. Promenade Step with Figure Three, forward.
32. Promenade Step with Figure Three, backward.



JOHN F. DAVIDSON

And his roller skating outfit, including 3-foot stilt skates  
(We are indebted to J. H. Symmons, photographer, for all the illustrations of  
Mr. and Mrs. Davidson shown in this book.)

33. Promenade Step with Side Glide Step.
34. Promenade Step Standing Still.
35. Promenade Step On Toes.
36. Promenade Step with Cut-Off Step.
37. Side Step, glide right.
38. Side Step, glide left.
39. Side Step, glide right and left.
40. Side Step, glide Cross Roll, forward.
41. Side Step, glide Cross Roll, backward.
42. Side Glide, circle right.
43. Side Glide, circle left.
44. Side Glide, circle with cut-off step.
45. Serpentine on Both Feet, forward.
46. Serpentine on Both Feet, backward.
47. Serpentine on Toes, forward.
48. Serpentine on Toes, backward.
49. Serpentine on Heels, forward.
50. Serpentine on Heels, backward.
51. Serpentine, right foot forward.
52. Serpentine, right foot backward.
53. Serpentine, left foot forward.
54. Serpentine, left foot backward.
55. Serpentine, one foot, change from forward to backward
56. Serpentine, One Toe forward.
57. Serpentine, One Toe with a Jump.
58. Grapevine Plain, right.
59. Grapevine Plain, left.
60. Grapevine Plain, double.
61. Grapevine On Toes, right.
62. Grapevine On Toes, left.
63. Grapevine On Toes, double.
64. Grapevine On Heel and Toe, right.
65. Grapevine On Heel and Toe, left.
66. Grapevine On Heels, right.
67. Grapevine On Heels, left.
68. Grapevine On Heels, double.
69. Grapevine, Single and Double with cut-off step.



CLAIRE      EL REY SISTERS      ZOE  
(7 years old)      (11 years old)  
STARTING OF TWO-STEP.

70. Grapevine, On Toes with one Toe Pirouette.
71. Grapevine, with Toe Whirl.
72. Grapevine, with Heel and Toe Whirl.
73. Philadelphia Twist, half to the right.
74. Philadelphia Twist, half to the left.
75. Philadelphia Twist, Plain.
76. Philadelphia Twist, Double.
77. Philadelphia Twist, with Figure Three.
78. Philadelphia Twist, On Toes, forward.
79. Philadelphia Twist, on Toes, backward.
80. Philadelphia Twist, On Toes, double.
81. Picket Fence, to the right.
82. Picket Fence, to the left.
83. Picket Fence, with Promenade Step.
84. Picket Fence, with Side Glide Step.
85. Scissors Plain, right, forward.
86. Scissors Plain, left, forward.
87. Scissors On Toes, backward.
88. Scissors On Toes, forward.
89. Scissors On Heels, backward.
90. Scissors On Heels, forward.
91. Scissors On Toes, Philadelphia Twist.
92. Scissors On Toes, Double Philadelphia Twist.
93. Scissors On Toes, Cork Screw Turn.
94. Scissors Figure Three and Toe Pirouette.
95. Scissors with Toe Whirl.
96. Scissors with Heel and Toe Whirl.
97. Mercury Three's, right and left.
98. Mercury Three's, left circle.
99. Mercury Three's, right circle.
100. Mercury with Grapevine Twist.
101. Figure Eight, Cross, Plain, forward.
102. Figure Eight, Cross, Plain, backward.
103. Figure Eight, Inside Edge, forward.
104. Figure Eight, Inside Edge, backward.
105. Figure Eight, Toe Pivot, Inside Edge, forward.
107. Figure Eight, Toe Pivot, Inside Edge, Pirouette on Toe



HUMAN TOP SPIN ON TOES.  
SKATING A CORKSCREW  
SPIN TO LEFT.

STARTING A ONE-FOOT EIGHT.  
FINISHING A CAKE-WALK  
PROMENADE ON TOES.



108. Figure Eight, Toe Pivot, Inside Edge, Cork Screw Turn.
109. Figure Eight, with Grapevine.
110. Figure Eight, with Grapevine cut-off, inner edge.
111. Figure Eight, with Philadelphia Twist.
112. Figure Eight, with Philadelphia Twist, cut off inner edge.
113. Figure Eight with Figure Three, outer edge.
114. Figure Eight with Figure Three, inner edge.
115. Figure Eight with Figure Three, cut-off inner edge.
116. Figure Eight with Figure Three, Toe Pirouette.
117. Figure Eight with Figure Three, Heel Pirouette.
118. Figure Eight, one foot forward right.
119. Figure Eight, one foot forward left.
120. Figure Eight, one foot backward, right.
121. Figure Eight, one foot backward, left.
122. Figure Eight, one foot forward, with Pirouette.
123. Figure Eight, one foot half forward, half backward
124. Figure Eight, one foot forward loop.
125. Figure Eight, one foot backward loop.
126. Figure Eight, on two toes, forward.
127. Figure Eight, on two toes, backward.
128. Figure Eight, on two toes, Corkscrew Turn or Ringlet.
129. Figure Eight, on Toes, Grapevine Turn
130. Figure Eight, on Heels, forward.
131. Spread Eagle Plain, right.
132. Spread Eagle Plain, left.
133. Spread Eagle on Toes, right.
134. Spread Eagle on Toes, left.
135. Spread Eagle on Heels.
136. Spread Eagle jump Pirouette in the air.
137. Spread Eagle change from right to left.
138. Spread Eagle light on heels.
139. Spread Eagle heel and toe, forward.
140. Spread Eagle, heel and toe, backward.
141. Spread Eagle with Philadelphia Twist Turn.
142. Spread Eagle with Grapevine Turn.



**COLISEUM SKATING RINK, LOUISVILLE, KY.**

When the above picture was taken there were 1286 skaters on the floor and over 3000 in the building.

143. One Toe Glide, forward.
144. One Toe Glide, backward.
145. One Heel Glide, forward.
146. One Heel Glide, backward.
147. One Toe Glide, change from forward to backward.
148. Heel and Toe Whirl or spin to the right.
149. Heel and Toe Whirl or spin to the left.
150. Whirl or Spin on Toes, right.
151. Whirl or Spin on Toes, left.
152. Corkscrew Whirl on heel and toe, right.
153. Corkscrew Whirl on heel and toe, left.
154. Corkscrew Whirl on toes, right.
155. Corkscrew Whirl on toes, left.
156. Single Toe Whirls.
157. Heel and Toe Split, forward.
158. Heel and Toe Split, backward.
159. Heel Split.
160. Lap Foot Circle, right, forward.
161. Lap Foot Circle, left forward.
162. Lap Foot Circle, right, backward.
163. Lap Foot Circle, left, backward.
164. Serpentine, heel and toe, forward.
165. Serpentine, heel and toe, backward.
166. Serpentine, with flying threes, forward.
167. Serpentine, with flying threes, backward.
168. Figure Eight, heel pivot, inner edge, forward.
169. Figure Eight, heel pivot, inner edge, backward.
170. Figure Eight, heel pivot with Grapevine.
171. Figure Eight, heel pivot with Philadelphia Twist.
172. Figure Eight, heel pivot with Figure Three Twist.
173. Cross Roll Promenade, forward.
174. Cross Roll Promenade, backward.
175. Philadelphia Twist with crouch toe pivot.
176. Philadelphia Twist on toes with Grapevine.
177. Flying Threes outer edge.
178. Flying Threes inner edge.
179. Ringlets, right.



PROF. AND MRS. RAYMOND MAYER, OF NEW YORK,  
Champion Trick Skaters, on their Spalding Skates.

180. Ringlets, left.
181. Ringlets, with toe pivot.
182. Grapevine with heels spread.
183. Loops with Grapevine Twist.
184. Loops with Philadelphia Twist.
185. Side Glide Eights.
186. Scissors with heel split.
187. Cross Roll, forward, on toes.
188. Cross Roll, backward, on toes.
189. Lap Foot Serpentine Eights, forward.
190. Lap Foot Serpentine Eights, backward.
191. The Box or Square Movement, right.
192. The Box or Square Movement, left.
193. The Box or Square Movement with Three's.
194. One Foot Eight, toe pivot, continuous, right.
195. One Foot Eight, toe pivot, continuous, left.
196. Serpentine Eight, toe pivot, right and left continuous.
197. Figure Eight toe Pironette, right and left.
198. Eight one foot Pirouette in air, alight on same foot.
199. Waltz Circle, Grapevine Twist, right.
200. Waltz Circle, Grapevine Twist, left.
201. Mercury, backward, with cut-off step.
202. Mercury, with Philadelphia Twist.
203. Serpentine, one foot with Pirouette.
204. Scissors Cross, backward, right.
205. Scissors Cross, backward, left.
206. Hop Promenade Step, single.
207. Hop Promenade Step, double.
208. Spread Eagle Serpentine, flat foot.
209. Spread Eagle Serpentine, on heels.
210. Eight with double cross pivot, forward.
211. Eight with double cross pivot, backward.



PROF. AND MRS. RAYMOND MAYER.

## RINK RULES



The following rules were arranged for one of the largest rinks in the country. It would be well for rink managers to have a number of them printed on card-board and placed in conspicuous places in the rink.

1. Skating begins at one stroke of the gong, and ceases at two strokes of the gong.

2. No smoking allowed in or about the premises, except in the smoking room.

3. Gentlemen will not soil the floor with tobacco; others will not be permitted to do so.

4. Crowding, loud talking or other rude or noisy demonstrations, are forbidden.

5. No one should stand, even for a moments on the skating surface, or so as to obstruct the entrance to the place, or the view of others.

6. In putting on skates, see that the buckles are upon the outside of the foot.

7. Never cross the skating surface in passing to or from a seat; always follow the direction of the skaters.

8. Spitting or throwing any substance upon the skating surface is dangerous, and will not be permitted.

9. Going up or down stairs with skates on is dangerous and strictly prohibited.

10. No stick, cane, string, or other similar article, should be taken on the floor.

11. In skating around the circuit, all will observe a uniform direction, taking great care never to interfere with the movements of others.

12. No skater should stop, even for an instant, in the circuit, except to assist a lady.



PROF. AND MRS. RAYMOND MAYER.



13. Pushing, tripping, racing, tagging or taking hold of others' garments, or any rude or dangerous actions, are strictly forbidden.

14. Most falls occur from the feet being parallel with each other, or nearly so, as in this position one foot cannot check the movement of the other; hence, before attempting to stand upon the skates, the beginner should place the heels together, with the feet at right angles, in which position they should always be, while getting up, sitting down, or standing upon skates.

15. Skating by four or more than two together, should be avoided, while skating in couples should be practiced as much as possible, by all sufficiently advanced, as there is no other way in which a lady and gentleman can make so graceful an appearance.

16. On removing the skates please return them to the skate room, with the heel strap of one skate buckled and tucked firmly into the buckle of the other skate to prevent mismating.

17. A cheerful compliance with the above, and a careful regard for the comfort and enjoyment of others, is respectfully requested.

18. None but those known, or supposed by the management to be acceptable to a majority of the patrons, will be admitted and furnished with skates.

## PROGRAMME FOR SKATING CONTESTS



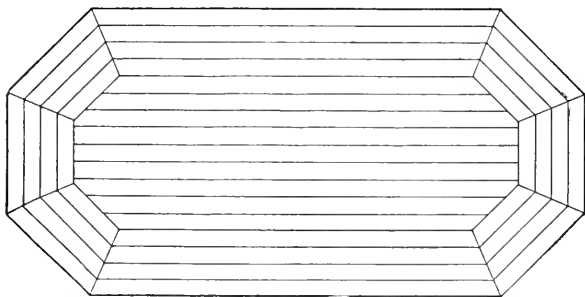
1. Plain Forward and Backward Movement.
2. "Lap Foot," as field step and cutting circle.
3. Outer Edge Roll, forward.
4. Outer Edge Roll, backward.
5. Inner Edge Roll, forward.
6. Inner Edge Roll, backward.
7. Cross Roll, forward.
8. Cross Roll, backward.
9. Change of Edge Roll, forward, beginning either on outer or inner edge.
10. Change of Edge Roll, backward, beginning either on outer or inner edge.
11. (a) "On to Richmond:" *i. e.*, cross one foot in front of the other, and with back stroke outside edge go backward or forward.  
(b) Reverse "On to Richmond:" *i. e.*, going forward by forward outer edge strokes given alternately behind each foot.
12. "Locomotive:" forward, backward, sideways, single and double.
13. Waltz Step.
14. Spread Eagle, inner and outer edges.
15. Figure Threes (a), beginning inner or outer edge. On field and in eight. Including "Flying Threes." (b) Double Threes, beginning outer or inner edge.
16. Grape Vines, including "Philadelphia Twist," etc.
17. Toe and Heel Movements, embracing pivot circle, toe spins (*pirouettes*), and movements on both toes, etc.

18. Single Flat Foot Spins, and Double Foot Whirls.
19. Serpentine (*a*), single foot forward and backward, right and left.  
(*b*) following feet, forward and backward, right and left.  
In "Two Foot Eight."
20. Figure Eight on one foot, forward.
21. Figure Eight on one foot, backward.
22. Change of Edge, single and double.
23. One Foot Loops, inner and outer edges, simple and in combination.
24. One Foot Ringlets, inner and outer edges, simple and in combination.
25. Specialties, embracing *original* and *peculiar* movements.
26. General display of combined movements at the option of the contestant.

## About Rink Management

Presuming that the rink proprietor has purchased his equipment of Spalding Rink Roller Skates, which are warranted to be the best and most satisfactory rink skates ever made, the next most important matter is the floor for the rink.

Those who have had experience and really know what is correct in the way of a rink floor advise that a good floor be laid by experienced men and under no circumstances attempt to save a few dollars at the expense of quality. Maple or birch, 3 to 3½ inches wide, tongue and groove, is what most of the best rinks have used for their floors and in laying the floor it is recommended to commence at the ends and corners, although some rinks are built with the boards running lengthwise as much as possible and starting from the middle to lay them. When it comes to laying the boards at the corners they should be arranged so that the skating is never against the grain. The design shown below will give a rough idea of about how this is usually done.



The direction of the skating should be changed frequently, as it is not advisable to have the people skating always in the

same direction. If they do it is not long before the adjusting rubbers on the skates become worn on one side and the skates will not run even. It is better to arrange matters so that at a given signal, say one stroke of the gong, all skating should stop, and then at two strokes of the gong, skating recommences in the opposite direction. In this manner, reversing the direction of the skating at least every half hour, the skates are kept trued up, so that they will always run even and consequently give better satisfaction.

No fast skating should be allowed during regular sessions. It has been found that the best hours for regular sessions are from 10:30 to 12 noon, from 2:30 to 5:30 P. M., and from 7:30 to 10:30 P. M. The charge for admission covers a wide range. In some places as low as 10 or 15 cents and so on from 25 or 50 cents to a subscription arrangement, where a skating club will hire a rink for a certain number of nights during a season and charge each member a certain amount as a subscription. In some cases an extra charge is made for the use of the skates, in others it is included in the admission, but in whatever way it may be arranged it is well for the rink proprietor to always cater to the best people in his locality and to discourage and, in fact, prevent the attendance of any who are rough or disorderly. A special feature, which has proven popular with many roller skating rinks, is to have a Saturday forenoon and afternoon session for ladies and children.

The means provided by rink proprietors for adding to the interest are many and varied. In one town the rink proprietor arranged with a couple of professional skaters to give an exhibition of dancing on roller skates and they instructed a number of patrons of the rink so that they could dance the two-step on skates. In another town the rink manager arranged for a drawing each week, the prizes being a pair each of ladies' and gentlemen's Spalding Rink Roller Skates. The tickets, of course, were numbered and the holder of the lucky ticket was presented at the end of the week with a pair of skates. In other places masquerades have been arranged, even to the extent of getting

up on quite an ambitious scale a regular Mardi Gras. Relay races have been arranged and pursuit races also, in the latter, two contestants, one starting from either side of the rink, the winner of course being the one who caught up with the other skater.

In all rinks there should be a large gong bell and it is also well to arrange for a regular repair room which should be equipped with necessary tools for repairing skates, such as pincers, pliers, hammers, screwdrivers, etc. The petty repairs, such as putting on nuts that come loose and oiling skates, can be done at the counter where the skates are given out. In case of a skate being bent it is a very simple matter to put the end in a vise and pull it into place. The more serious repairs, such as putting on carriers and axles, replacing ball bearings, etc., should be done in the repair room. As a rule skates should be oiled once or twice in a session, sometimes it is not necessary, but they certainly should be oiled either just before or after each session if they are to give the best service.

As to music there is of course no settled rule, in some rinks they have a full brass band, in others they are content with a few pieces, and in one of the most successful rinks they have a mechanical musical instrument set up in the middle of the floor and run by an electric motor.

It is not intended that the particulars we have specified above relating to the management and equipment of a roller skating rink shall be taken or understood as being absolutely rigid in application to rinks in various parts of the country, but we have endeavored to cover in this article a few points that are generally left out of most advertising matter relating to the equipment of a rink, and we believe that some of the points in this article will be found of use to those who are thinking about starting a rink and are in doubt as to just how to go about it.

## About Rink Roller Skating

We want to say a few words to you about rink skates and when we refer to rink skates we do not mean some makeshift style adapted from an ordinary sidewalk skate, but instead a skate as much different in every essential particular from the sidewalk skate as the improved "safety" bicycle was from the old "high" wheel. The sidewalk skate is suitable for children and it has its place, but in a rink patronized for the most part by grown people, the skate that is to give really satisfactory service must be built specially to conform to rink conditions.

The Spalding Rink Roller Skate is designed to meet the demand for a satisfactory skate for rink use. First of all, it is built so that it will run smoothly without rattle or shake and the hangers are arranged to give the skater the necessary amount of freedom he requires to take corners easily. Then the skate has a solid footplate, well braced to make it able to withstand all kinds of use and abuse. It does not matter whether the skater weighs one hundred or three hundred pounds, the skate is equally suitable and satisfactory, because the steel construction does not weigh any more than the clumsy adjustable arrangements on many sidewalk skates and the improved methods of construction make possible greater speed and more pleasure for the skater be he large or small.

Now in regard to the perforated ball bearing steel rolls, with which practically all Spalding Rink Roller Skates are equipped. These rolls, it is needless to say, are the most durable of any and they give the best satisfaction to the skater also. The perforated steel rolls are constructed on the same principle as a wagon or carriage wheel, with a perforated flange resting on the axle at the center of the wheel and meeting the rim in the center, thus making certain that the roll will run true and easy and not wobbly like a barrel as would be the case if the per-

forated flange was divided into two and not centered, as it is. Furthermore, the wheels fit snugly against the dust caps. The cases are made of tool steel, the ball cups are like those on a bicycle wheel, all grooved and inserted in the wheel positively true and there is a brace running through the wheel which prevents the cup from becoming loose and saves the annoyance of rattling after the skate has been used for any length of time. We describe in this detailed way the construction and equipment of the rolls with which we are fitting Spalding Rink Roller Skates because it is upon the rolls that the skater really depends for the enjoyment he gets out of the sport, and the saying in regard to the worthlessness of a horse without good hoofs is just as true in reference to skates equipped with rollers that are not satisfactory.

There are a few more points about the Spalding Rink Roller Skates that are worthy of note and, as they increase the efficiency of the skate they should be interesting to the prospective purchaser. In order to make certain that there are no defects in the material from which the footplates of the skates are made, they are constructed from cold drawn steel, thereby avoiding the possibility of a bad accident on account of a footplate breaking and furthermore the truss arrangement under the footplate strengthens it even more and makes certain that it will not become loose, even after much use. Then the heads of the clamp screws are case hardened so that the edges will not turn, and making it unnecessary to replace them, even after considerable use, and the heel strap is reinforced with material to add to its durability. All these points in regard to the construction of the Spalding Rink Roller Skates you will notice after examination, and you will also note that the adjustment of the hanger is such that it is possible to secure the full benefit of the rubber by tightening the nut as the rubber becomes smaller after much use—this also prevents rattling and it is something that is not possible where there is no bolt and nut adjustment, as there is on the Spalding Rink Roller Skate.



In the old days of rink roller skating there was hardly a town of any size in the United States that did not maintain a rink. Thousands made fortunes in the business and many who waited too long before starting and were left with rinks on their hands did not realize the profits they had anticipated. However, it is a fact that many towns owe their possession of a well-built opera house or other amusement place to-day to the rink roller skating "craze" of over twenty years ago. If we are to judge the signs of the times we are in for another "craze," if we may so term it, just as extensive, if not more so, than the old one, and to-day, with improved mechanical skill, the sport promises even more pleasure for the present generation than it was responsible for in the old days. Roller skating conducted properly is a good sport, a healthy exercise, and anyone who has watched the skaters in a rink realizes why roller skating is recommended for many as a certain method of building up weak physiques, while it is claimed that the motion acts as a tonic on the system generally. To those who skate no word of commendation or approval is required, for to them is given the realization of all that a graceful figure and correct carriage really means. Thousands of people, young and old, have taken up roller skating within the past couple of years and many thousands more will take it up within the next few years, without doubt. To all of these thousands the enjoyment that will come to them on account of the activity which roller skating imposes will add without doubt to their lease of life and, taken up in the proper spirit, it should be the means of making them better and more likeable men and women.

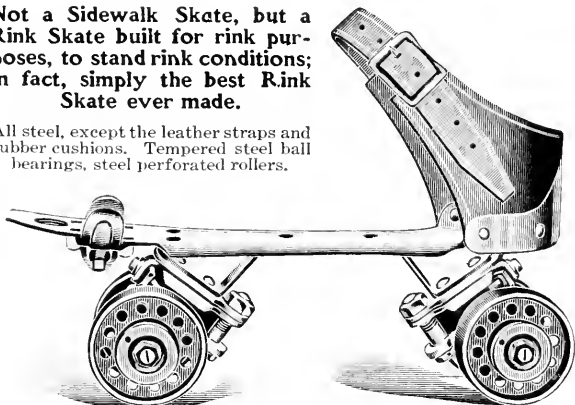


## Spalding Rink Roller Skates

These are the only skates we recommend for general rink use

**Not a Sidewalk Skate, but a Rink Skate built for rink purposes, to stand rink conditions; in fact, simply the best Rink Skate ever made.**

All steel, except the leather straps and rubber cushions. Tempered steel ball bearings, steel perforated rollers.



**Sizes: 8, 8½, 9, 9½, 10, 10½, 11, 11½, 12  
Inch Foot Plate**

**No. PL.** For Women and Girls. Bright finish. **Per pair, \$4.50**

The above Rink Skates furnished with ball bearing fibre rollers instead at same price.



### Extra Rollers for Skates

**No. S.** All steel ball bearing perforated skate roller, same as used to equip Nos. P and PL rink skates. **Each, 30c.**

**Correspondence Solicited with Rink Managers and Promoters**

### A. G. SPALDING & BROS.

New York	Chicago	St. Louis	Denver	San Francisco
Boston	Minneapolis	Baltimore	Kansas City	New Orleans
Buffalo	Philadelphia	Washington	Pittsburg	Syracuse Cincinnati
Montreal, Canada			London, England	

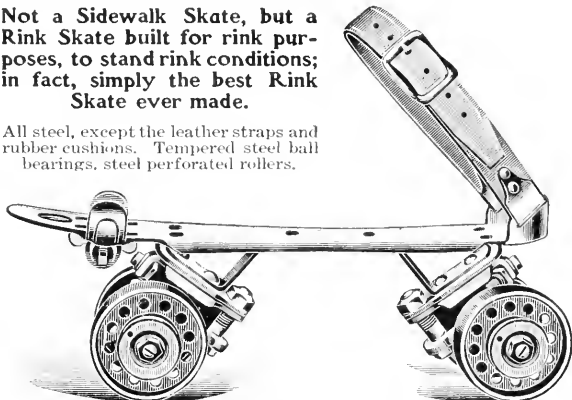


# Spalding Rink Roller Skates

These are the only skates we recommend for general rink use

**Not a Sidewalk Skate, but a Rink Skate built for rink purposes, to stand rink conditions; in fact, simply the best Rink Skate ever made.**

All steel, except the leather straps and rubber cushions. Tempered steel ball bearings, steel perforated rollers.



**Sizes: 8, 8½, 9, 9½, 10, 10½, 11, 11½, 12  
Inch Foot Plate**

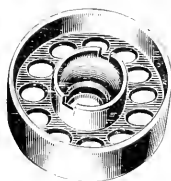
No. **P.** For Men and Boys. Bright finish. . . . Per pair, **\$4.50**

The above Rink Skates furnished with ball bearing fibre rollers instead at same price.

## Extra Rollers for Skates

No. **S.** All steel ball bearing perforated skate roller, same as used to equip Nos. P and PL rink skates. . . . Each, **30c.**

**Correspondence Solicited with Rink Managers and Promoters**



## A. C. SPALDING & BROS.

New York	Chicago	St. Louis	Denver	San Francisco
Boston	Minneapolis	Baltimore	Kansas City	New Orleans
Buffalo	Philadelphia	Washington	Pittsburg	Syracuse Cincinnati
Montreal, Canada			London, England	



## Peck & Snyder Club Roller Skates



**Cold Rolled Steel, Nickel-Plated, Tempered Steel Ball Bearings**

No. **1BB.** Men's All Clamp, adjustable from 10 to 11½ inches.

Per Pair, **\$3.50**

No. **3BB.** Ladies' and Misses' All Clamp, adjustable from 7½ to 9½ inches.

Per pair, **\$3.50**

No. **2BB.** Men's Half Clamp, adjustable from 10 to 11½ inches.

Per pair, **\$3.50**

No. **4BB.** Ladies' and Misses' Half Clamp, adjustable from 7½ to 9½ inches.

Per pair, **\$3.50**

### **Cold Rolled Steel, Bright Finish, Plain Bearing.**

No. **1.** Men's All Clamp, adjustable from 10 to 11½ inches.

Per pair, **\$1.25**

No. **3.** Ladies' and Misses' All Clamp, adjustable from 7½ to 9½ inches.

Per pair, **\$1.25**

No. **2.** Men's Half Clamp, adjustable from 10 to 11½ inches.

Per pair, **\$1.25**

No. **4.** Ladies' and Misses' Half Clamp, adjustable from 7½ to 9½ inches.

Per pair, **\$1.25**

## Extra Rollers for Skates

No. **H.** Hemacite Skate Rollers. Plain. . . . . Each, **5c.**

No. **C.** Cast Steel Skate Rollers. Plain. . . . . " **5c.**

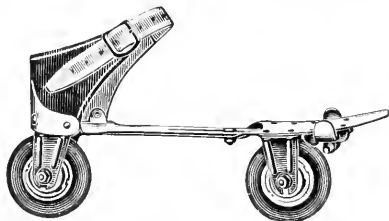
### **A. C. SPALDING & BROS.**

New York	Chicago	St. Louis	Denver	San Francisco
Boston	Minneapolis	Baltimore	Kansas City	New Orleans
Buifalo	Philadelphia	Washington	Pittsburg	Syracuse
			Cincinnati	
	Montreal, Canada		London, England	



## Peck & Snyder Racing Roller Skates

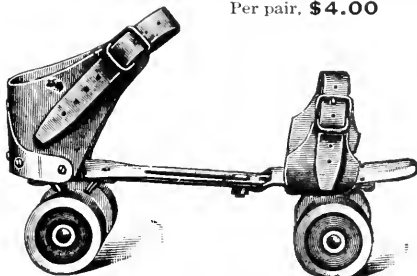
This style of skate is steadily increasing in popularity. Cold rolled steel, heavily nickel-plated. Wheels have tempered steel ball bearings and good quality solid rubber tires.



No. **1R.** Men's All Clamp, adjustable from 10 to 11½ in.  
Per Pair, **\$4.00**

No. **3R.** Ladies' and Misses' All Clamp, adjustable from 7½ to 9½ in.  
Per pair, **\$4.00**

No. **4R.** Ladies' and Misses' Half Clamp, adjustable from 7½ to 9½ in.  
Per pair, **\$4.00**



### Peck & Snyder Climax Skate

Adjustable from  
7½ to 10 inches.

No. **16.** Ebonized  
Wheels.

Per pair, **75c.**

## Extra Rollers for Skates

No. **S.** All steel ball bearing perforated skate roller, same as used to equip Nos. P and PL rink skates. . . . . Each, **30c.**

No. **H.** Hemacite Skate Rollers. Plain. . . . . " **.5c.**

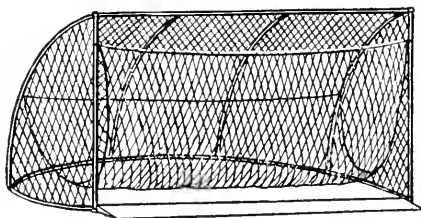
No. **C.** Cast Steel Skate Rollers. Plain. . . . . " **5c.**

### A. G. SPALDING & BROS.

New York Chicago St. Louis Denver San Francisco  
Boston Minneapolis Baltimore Kansas City New Orleans  
Buffalo Philadelphia Washington Pittsburg Syracuse Cincinnati  
Montreal, Canada London, England



## Polo Goal Cages



Regulation size and style, complete with net. Furnished with sloping board in front so that ball can roll up into the cage. . . . . Per pair, **\$40.00**

## "The Spalding" Official Polo Ball



The Official Ball is made of the very best material, according to the latest Polo regulations. None genuine without our trade-mark on each ball and box. Each ball wrapped in tinfoil, put in a separate box and sealed in accordance with League regulations.

- |        |                       |       |                   |
|--------|-----------------------|-------|-------------------|
| No. 1. | "Official" Polo Ball, | . . . | Each, <b>75c.</b> |
| No. 2. | "Practice" Polo Ball, | . . . | " <b>25c.</b>     |
| No. 3. | Rubber Polo Ball,     | . . . | " <b>10c.</b>     |

### A. G. SPALDING & BROS.

New York	Chicago	St. Louis	Denver	San Francisco
Boston	Minneapolis	Baltimore	Kansas City	New Orleans
Buffalo	Philadelphia	Washington	Pittsburg	Syracuse
			Cincinnati	
	Montreal, Canada		London, England	



## HIGHEST AWARDS

FOR SPALDING ATHLETIC GOODS

GRAND PRIZE

ST. LOUIS  
1904



GRAND PRIX

PARIS  
1900



## POLO LEG AND SHIN GUARDS

### LEG GUARDS



No. 4G

- No. 4. Players' Style. Leather Leg Guards. . . . . Per pair, **\$3.00**  
No. 5. Players' Style. Canvas Leg Guards. . . . . Per pair, **\$2.50**  
No. 4C. Goal Tenders' Leather Leg Guards. Extra long and specially padded. . . . . Per pair, **\$4.00**  
No. 5C. Goal Tenders' Canvas Leg Guards. Extra long and specially padded. . . . . Per pair, **\$2.75**

### SHIN GUARDS



Nos. F and 40

- No. F. Canvas Shin Guards, 10 inches long; equipped with ankle protectors. . . . . Per pair, **\$1.00**  
No. 40. Leather Shin Guards, 10 inches long; equipped with ankle protectors. . . . . Per pair, **\$1.75**

### PANTS FOR ROLLER POLO



- No. 5B. Made of heavy Brown or White canvas, padded lightly on hips and very loose fitting. **\$1.00**

### FLY FRONT, LACE BACK

- No. 1. White or Black Sateen. . . . . Per pair, **\$1.25**  
No. 2. White or Black Sateen. . . . . " **1.00**  
No. 3. White or Black Silesia. . . . . " **.75**  
No. 4. White or Black Silesia. . . . . " **.50**

Stripes down sides of any of the above pants **25c.**  
per pair extra.

### LOWER ABDOMEN PROTECTOR

No. S. Made of heavy sole leather, well padded, with quilted lining and non-elastic bands, with buckles at side and elastic at back. The most satisfactory and safest protector for Boxing, Hockey, Foot Ball, Polo, Etc. No other supporter necessary with this style. . . . . Each, **\$3.00**



### A. C. SPALDING & BROS.

New York Chicago St. Louis Denver San Francisco  
Boston Minneapolis Baltimore Kansas City New Orleans  
Buffalo Philadelphia Washington Pittsburg Syracuse Cincinnati  
Montreal, Canada London, England



## ...Spalding Polo Sticks...

The Spalding "Rink Polo" Stick is made of the best and most carefully selected material from patterns furnished by the "Champions of America." Each stick is carefully inspected and guaranteed uniform in weight and balance.

No. o. The Spalding Rink Polo Stick.  
Each, \$1.00

No. AA. The Spalding Polo Stick made of finest second growth hickory, wound handle with grip.  
Each, 75c.



- No. A. "League" Polo Stick, selected second growth hickory, handsomely finished.....Each 50c.  
No. B. "Standard" Polo Stick, selected second growth ash, nicely finished.....Each, 25c.  
No. C. "Junior" Polo Stick.....Each, 10c.  
No. D. Boys' Polo Stick.....Each, 5c.

### A. G. SPALDING & BROS.

New York	Chicago	St. Louis	Denver	San Francisco
Boston	Minneapolis	Baltimore	Kansas City	New Orleans
Buffalo	Philadelphia	Washington	Pittsburg	Syracuse
Montreal, Canada		London, England		Hamburg, Germany





## SPALDING INDOOR BASE BALLS



We cover both the best grade indoor base balls, Nos. 1 and 1X, with special oil tanned horsehide that players consider far superior to the ordinary horsehide both as to wearing qualities and otherwise.

**No. 1.** Spalding Official Indoor Base Ball, 17 inches circumference. Made in exact accordance with League regulations and adopted by the National Association of Indoor Base Ball Leagues. Guaranteed to last a game. . . . . Each, **\$1.00**

**No. 1X.** Spalding National Guard Indoor Base Ball is made regularly in three sizes, 12, 14 and 15 inches circumference. It is wound fairly hard with wool yarn and makes an ideal ball for armory games. When ordering be sure to specify size required. . . . . Each, **\$1.00**

**No. 2.** Sheepskin cover, otherwise same as No. 1. . . . . " **.75**

**No. 3.** Sheepskin cover, otherwise same as No. 1X. . . . . " **.75**

*Specify size when ordering.*

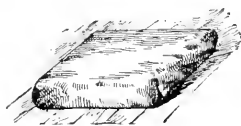
### A. G. SPALDING & BROS.

New York	Chicago	St. Louis	Denver	San Francisco
Boston	Minneapolis	Baltimore	Kansas City	New Orleans
Buffalo	Philadelphia	Washington	Pittsburg	Syracuse Cincinnati
Montreal, Canada			London, England	



## SPALDING INDOOR BASE BALL BATS

- No. 0. Spalding Regulation Indoor Bats. Made of selected second growth hickory in the best models. Handle wrapped with electric tape to prevent slipping. . . . . Each, 50c.
- No. 2. Spalding Regulation Bat. Same as No. 0, except handle and end not wrapped. . . . . Each, 40c.



## INDOOR BASES

- No. 1. Indoor Canvas Bases, 10-oz. duck, unfilled. Per set of 3. \$2.50
- No. 2. Indoor Canvas Bases, 8-oz. duck, unfilled. Per set of 3. \$2.00
- No. 3. Indoor Rubber Home Plate. . . . . Each, 75c.

## SPALDING CATCHERS' PROTECTOR

- No. 1A. Well padded. Straps to go over shoulders and around waist. . . . . Each, \$2.00

## SPALDING KNEE PROTECTORS

- No. 1. Heavily padded with sheepskin. Prevents bruised and dislocated knee caps. . . . . Per pair, 75c.

### A. G. SPALDING & BROS.

New York	Chicago	St. Louis	Denver	San Francisco
Boston	Minneapolis	Baltimore	Kansas City	New Orleans
Buffalo	Philadelphia	Washington	Pittsburg	Syracuse
Cincinnati	Montreal, Canada	London, England	Hamburg, Germany	



# DURAND-STEEL LOCKERS

## Lockers That Last

WOODEN lockers are objectionable because they attract vermin, retain odors and can be easily broken into, and are dangerous on account of fire.

Lockers made from wire mesh or expanded metal afford little security, as they can be easily entered with wire cutters. Clothes placed in them become covered with dust; and the lockers themselves present a poor appearance, resembling animal cages.

### Durand-Steel Lockers

are made of high-grade steel plates, and are finished with gloss-black furnace

baked (400°) Japan, comparable to that used on hospital ware, which will never flake off nor require refinishing, as do paints and enamels.

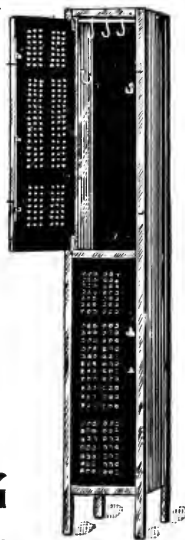
### Durand-Steel Lockers

are usually built with doors perforated full length in panel design, with sides and backs solid. This prevents clothes in one locker from coming in contact with wet garments in adjoining lockers, while plenty of ventilation is secured by having the door perforated its entire length, but if the purchaser prefers we perforate the backs also.

*Illustrated Catalogue  
sent on request.*

## CHURCHILL & SPALDING

470 Carroll Avenue :: CHICAGO, ILL.



## *Who are A. G. Spalding & Bros.?*

Albert G. and J. Walter Spalding commenced business March 1st, 1876, at Chicago, under the firm name A. G. Spalding & Bro., with a capital of \$800. Two years later their brother-in-law, William T. Brown, came into the business, and the firm name was then changed to A. G. Spalding & Bros.

The business was founded on the Athletic reputation of Mr. A. G. Spalding, who acquired a national prominence in the realm of Sport, as Captain and Pitcher of the Forest City's of Rockford, Ill. (1865-70), the original Boston Base Ball Club (Champions of the United States, 1871-75), and the Chicago Ball Club (1876-77), first Champions of the National League. He was also one of the original organizers, and for many years a director, of the National League of America, the premier Base Ball organization of the world. Mr. Spalding has taken an important part in Base Ball affairs ever since it became the National Game of the United States at the close of the Civil War in 1865. The returning veterans of that War, who had played the game as a camp diversion, disseminated this new American field sport throughout the country, and thus gave it its national character.

Base Ball Goods were the only articles of merchandise carried the first year, the total sales amounting to \$11,000. Gradually implements and accessories of Athletic Sports were added, until the firm now manufacture the requisites for all kinds of Athletic Sports. Originally the firm contracted for their supplies from outside manufacturers, but finding it impossible, by this method, to keep the standard of quality up to their high ideals, they gradually commenced the manufacture of their own goods, and by the acquisition from time to time of various established factories located in different parts of the country, are now able to, and do manufacture in their own factories everything bearing the Spalding Trade-Mark, which stands the world over as a guarantee of the highest quality.

There are over three thousand persons employed in various capacities in A. G. Spalding & Bros.' factories and stores located in all the leading cities of the United States, Canada and England. A capital of over \$4,000,000 is employed in carrying on this business, and the annual sales exceed the total combined annual sales of all other manufacturers in the world making a similar line of goods.

A. G. Spalding & Bros. have always taken a leading part in the introduction, encouragement and support of all new Sports and Games, and the prominence attained by Athletic Sports in the United States is in a very great measure due to the energy, enterprise and liberality of this progressive concern. They were the pioneers, and in fact the founders, of the Athletic Goods Trade in America, and are now universally recognized as the undisputed Leaders in the Athletic Goods line throughout the world.

The late Marshall Field of Chicago, America's greatest Merchant, speaking of the business of A. G. Spalding & Bros., said: "I am familiar with its early career, growth and development, and when I compare its unpromising outlook and the special field for its operations that existed at its inception in 1876, with its present magnitude, I consider it one of the most remarkable mercantile successes of the world."

The millions of Athletes using them, and the thousands of Dealers selling them, attest to the High Quality of Spalding's Athletic Goods, and they must determine the future history of this concern.

*A. G. Spalding & Bros.*  
*are the leading manufacturers*  
*of Athletic Goods in the world.*

# Spalding's Athletic Library

Giving the titles of all Spalding's Athletic Library Books now in print, grouped for ready reference.

## SPALDING'S OFFICIAL ANNUALS

- No. 1 Spalding's Official Base Ball Guide
- No. 2 Spalding's Official Foot Ball Guide
- No. 2a Spalding's Official Association Foot Ball Guide
- No. 3 Spalding's Official Cricket Guide
- No. 4 Spalding's Official Lawn Tennis Annual
- No. 5 Spalding's Official Golf Guide
- No. 6 Spalding's Official Ice Hockey Guide
- No. 7 Spalding's Official Basket Ball Guide
- No. 8 Spalding's Official Bowling Guide
- No. 9 Spalding's Official Indoor Base Ball Guide
- No. 10 Spalding's Official Roller Polo Guide
- No. 12 Spalding's Official Athletic Almanac

### Group I.

#### Base Ball

- No. 1 *Spalding's Official Base Ball Guide.\**
- No. 202 How to Play Base Ball.
- No. 223 How to Bat.
- No. 232 How to Run Bases.
- No. 230 How to Pitch.
- No. 229 How to Catch.
- No. 225 How to Play First Base.
- No. 226 How to Play Second Base.
- No. 227 How to Play Third Base.
- No. 228 How to Play Shortstop.
- No. 224 How to Play the Outfield.
- No. 231 {
  - How to Organize a Base Ball Club. [League.
  - How to Organize a Base Ball
  - How to Manage a Base Ball Club.
  - How to Train a Base Ball Team.
  - How to Captain a Base Ball
  - How to Umpire a Game. [Team.
  - Technical Base Ball Terms,
- No. 219 Ready Reckoner of Base Ball Percentages.

#### BASE BALL AUXILIARY

- No. 291 Minor League Base Ball Guide.†

### Group II.

#### Foot Ball

- No. 2 *Spalding's Official Foot Ball Guide.*
- No. 284 How to Play Foot Ball.
- No. 2A *Spalding's Official (Soccer) Association Foot Ball Guide.*
- No. 286 How to Play Soccer.
- FOOT BALL AUXILIARY
- No. 283 Spalding's Official Canadian Foot Ball Guide.

### Group III.

#### Cricket

- No. 3 *Spalding's Official Cricket Guide.‡*
- No. 277 Cricket and How to Play It.

### Group IV.

#### Lawn Tennis

- No. 4 *Spalding's Official Lawn Tennis Annual.‡*
- No. 157 How to Play Lawn Tennis.
- No. 279 Strokes and Science of Lawn Tennis.

### Group V.

#### Golf

- No. 5 *Spalding's Official Golf Guide.§*
- No. 276 How to Play Golf.

### Group VI.

#### Hockey

- No. 6 *Spalding's Official Ice Hockey Guide.†*
- No. 154 Field Hockey.
- No. 188 Lawn Hockey.
- No. 180 Ring Hockey.

#### HOCKEY AUXILIARY

- No. 256 Official Handbook Ontario Hockey Association.

\* Ready April 1. † Ready in January. ‡ Ready May 1. § Ready in March.

# SPALDING'S ATHLETIC LIBRARY

## Group VII. Basket Ball

No. 7 *Spalding's Official Basketball Guide*.

No. 193 How to Play Basketball.

No. 260 Basketball Guide for Women.

### BASKET BALL AUXILIARY

No. 278 Official Collegiate Basketball Handbook.

## Group VIII. Bowling

No. 8 *Spalding's Official Bowling Guide*.

## Group IX. Indoor Base Ball

No. 9 *Spalding's Official Indoor Base Ball Guide*.

## Group X. Polo

No. 10 *Spalding's Official Roller Polo Guide*.

No. 129 Water Polo.

No. 199 Equestrian Polo.

## Group XI. Miscellaneous Games

No. 201 Lacrosse.

No. 248 Archery.

No. 194 Squash-Racquets.

No. 138 Croquet.

No. 271 Roque.

No. 194 Racquets.

No. 13 Hand Ball.

No. 167 Quoits.

No. 170 Push Ball.

No. 14 Curling.

No. 194 Court Tennis.

No. 207 Lawn Bowls.

No. 188 Lawn Games.

No. 189 Children's Games.

## Group XII. Athletics

No. 12 *Spalding's Official Athletic Almanac*.†

No. 27 College Athletics.

No. 182 All Around Athletics.

No. 156 Athletes' Guide.

No. 87 Athletic Primer.

No. 273 Olympic Games at Athens, 1906.

No. 252 How to Sprint.

No. 255 How to Run 100 Yards.

No. 174 Distance and Cross Country Running.

No. 259 How to Become a Weight Thrower.

No. 55 Official Sporting Rules.

No. 246 Athletic Training for School-boys.

### ATHLETIC AUXILIARIES

No. 241 Amateur Athletic Union Official Handbook.

## ATHLETIC AUXILIARIES—Con.

No. 217 Olympic Handbook (St. Louis).

No. 292 Intercollegiate Official Handbook.

No. 245 Y. M. C. A. Official Handbook.

No. 241 Public Schools Athletic League Official Handbook.

No. 274 Intercollegiate Cross Country Association Handbook.

## Group XIII.

### Athletic Accomplishments

No. 177 How to Swim.

No. 128 How to Row.

No. 209 How to Become a Skater.

No. 178 How to Train for Bicycling.

No. 23 Canoeing.

No. 282 Roller Skating Guide.

## Group XIV. Manly Sports

No. 18 Fencing. (By Breck).

No. 162 Boxing.

No. 165 Fencing. (By Senac).

No. 140 Wrestling.

No. 236 How to Wrestle.

No. 102 Ground Tumbling.

No. 233 Jiu Jitsu.

No. 166 How to Swing Indian Clubs.

No. 200 Dumb Bell Exercises.

No. 143 Indian Clubs and Dumb Bells.

No. 262 Medicine Ball Exercises.

No. 29 Pulley Weight Exercises.

No. 191 How to Punch the Bag.

## Group XV. Gymnastics

No. 104 Grading of Gymnastic Exercises.

No. 214 Graded Calisthenics and Dumb Bell Drills.

No. 254 Barnjum Bar Bell Drill.

No. 158 Indoor and Outdoor Gymnastic Games.

No. 124 How to Become a Gymnast.

## Group XVI. Physical Culture

No. 161 Ten Minutes' Exercise for Busy Men.

No. 208 Physical Education and Hygiene.

No. 149 Scientific Physical Training and Care of the Body.

No. 142 Physical Training Simplified.

No. 185 Hints on Health.

No. 213 285 Health Answers.

No. 238 Muscle Building. [ning.

No. 234 School Tactics and Maze Run-

No. 261 Tensing Exercises.

† Ready in January.



## GROUP I.—BASE BALL

### NO. 1—SPALDING'S OFFICIAL BASE BALL GUIDE.

The leading Base Ball annual of the country, and the official authority of the game. Edited by Henry Chadwick, the "Father of Base Ball." Contains the official playing rules, with an explanatory index of the rules compiled by Mr. A. G. Spalding; pictures of all the teams in the National, American and minor leagues; official averages; reviews of the season in all the professional organizations; college Base Ball, and a great deal of interesting information. Price 10 cents. Ready April 1.

### NO. 202—HOW TO PLAY BASE BALL.

Edited by T. H. Murnane. New and revised edition. Contents: How to become a batter, by Napoleon Lajoie, James Collins, Hugh Jennings and Jesse Tannehill; how to run the bases, by Jack Doyle and Frank L. Chance; advice to base runners, by James E. Sullivan, President, A.A.U.; how to become a good pitcher, by Cy Young, "Rube" Waddell and Bert Cunningham; on curve pitching, by Cy Young, James J. Callahan, Frank Donahue, Vic Willis, William Dineen and Charley Nichols; how to become a good catcher, by Eddie Phelps, William Sullivan and M. J. Kittridge; how to play first base, by Hugh Jennings; how to play second base; by Napoleon Lajoie and William Gleason; how to play third base, by James Collins and Lave Cross; how to play shortstop, by Hernan Long; how to play the infield, by Charles A. Comiskey; how to play the outfield, by Fred Clarke; the earmarks of a ball player, by John J. McGraw; good advice for players; how to organize a team; how to manage a team; how to score a game; how to umpire a game; base ball rules interpreted for boys. Price 10 cents.

### NO. 223—HOW TO BAT.

The most important part of ball playing nowadays, outside of pitching, is batting. The team that can bat and has some good pitchers can win base ball games; therefore, every boy and young man who has, of course, already learned to catch, should turn his attention to this department of the game, and there is no better way of becoming proficient than by reading this book and then constantly practising the little tricks explained therein. Price 10 cents.

### NO. 232—HOW TO RUN THE BASES.

The importance of base running as a scientific feature of the national game is

becoming more and more recognized each year. Besides being spectacular, feats of base stealing nearly always figure in the winning of a game. Many a close contest is decided on the winning of that little strip of 90 feet which lies between cushions. When hits are few and the enemy's pitchers steady, it becomes incumbent on the opposing team to get around the bases in some manner. Effective stealing not only increases the effectiveness of the team by advancing its runners without wasting hits, but it serves to materially disconcert the enemy and frequently has caused an entire opposing club to temporarily lose its poise and throw away the game. This book gives clear and concise directions for excelling as a base runner; tells when to run and when not to do so; how and when to slide; team work on the bases; in fact, every point of the game is thoroughly explained. Illustrated with pictures of leading players. Price 10 cents.

### NO. 230—HOW TO PITCH.

A new, up-to-date book. The object of this book is to aid the beginners who aspire to become clever twirlers, and its contents are the practical teaching of men who have reached the top as pitchers, and who know how to impart a knowledge of their art. All the big leagues' pitchers are shown. Price 10 cents.

### NO. 229—HOW TO CATCH.

Undoubtedly the best book on catching that has yet been published. Every boy who has hopes of being a clever catcher should read how well-known players cover their position. Among the more noted ones who describe their methods of play in this book are Lou Criger of the Boston Americans and Johnnie Kling of the Chicago Nationals. The numerous pictures comprise all the noted catchers in the big leagues. Price 10 cents.

### NO. 225—HOW TO PLAY FIRST BASE.

No other position in a ball team has shown such a change for the better in recent years as first base. Modifications in line with the betterment of the sport in every department has been made at intervals, but in no other department have they been so radical. No boy who plays the initial sack can afford to overlook the points and hints contained in this book. Entirely new and up to date. Illustrated with full-page pictures of all the prominent first basemen. Price 10 cents.





## GROUP I.—BASE BALL—Continued

### NO. 226—HOW TO PLAY SECOND BASE.

There are so few men who can cover second base to perfection that their names can easily be called off by anyone who follows the game of base ball. Team owners who possess such players would not part with them for thousands of dollars. These men have been interviewed and their ideas incorporated in this book for the especial benefit of boys who want to know the fine points of play at this point of the diamond. Illustrated with full-page pictures. Price 10 cents.

### NO. 227—HOW TO PLAY THIRD BASE.

Third base is, in some respects, the most important of the infield. No major league team has ever won a pennant without a great third baseman. Collins of the Boston Americans and Leach of Pittsburgh are two of the greatest third basemen the game has ever seen, and their teams owe much of the credit for pennants they have won to them. These men in this book describe just how they play the position. Everything a player should know is clearly set forth and any boy will surely increase his chances of success by a careful reading of this book. Illustrated. Price 10 cents.

### NO. 228—HOW TO PLAY SHORTSTOP.

Shortstop is one of the hardest positions on the infield to fill, and quick thought and quick action are necessary for a player who expects to make good as a shortstop. The views of every well-known player who covers this position have been sought in compiling this book, and it is offered as being the most complete book of its class ever produced. Illustrated. Price 10 cents.

### NO. 224—HOW TO PLAY THE OUTFIELD.

Compiled especially for the young player who would become an expert. The best book on playing the outfield that has ever been published. There are just as many tricks to be learned, before a player can be a competent fielder, as there are in any other position on a nine, and this book explains them all. Illustrated with numerous page pictures of leading outfielders. Price 10 cents.

### NO. 231—HOW TO COACH; HOW TO CAPTAIN A TEAM; HOW TO MANAGE A TEAM; HOW TO UMPIRE; HOW TO ORGANIZE A LEAGUE.

A useful guide to all who are interested in the above subjects. Jimmy Collins writes on coaching; M. J. Kelly on captaining; Al Buckenberger on managing; Frank Dwyer of the American League staff, on umpiring; Fred Lake on minor leagues, and the editor, T. H. Murnane, President of the New England League, on how to organize a league. Price 10 cents.

### NO. 219—READY RECKONER OF BASE BALL PERCENTAGES.

To supply a demand for a book which would show the percentage of clubs without recourse to the arduous work of figuring, the publishers have had these tables compiled by an expert. No follower of the game can afford to be without this book. Price 10 cents.

## BASE BALL AUXILIARY

### NO. 291—MINOR LEAGUE BASE BALL GUIDE.

The minors' own guide. Contains pictures of leading teams, schedules, re-

port of annual meeting National Association of Professional Base Ball Leagues, special articles and official rules. Edited by President T. H. Murnane, of the New England League. Price 10 cents. (Ready May 1.)



## GROUP II.—FOOT BALL

### NO. 2—SPALDING'S OFFICIAL FOOT BALL GUIDE.

Edited by Walter Camp. Contains the new rules, with diagram of field; All-America teams as selected by leading authorities; reviews of the game from various sections of the country; 1905 scores of all the leading teams; pictures of hundreds of players. Price 10 cents.

### NO. 284—HOW TO PLAY FOOT BALL.

Edited by Walter Camp. The contents embrace everything that a beginner wants to know and many points that an expert will be glad to learn. The pictures are made from snapshots of leading teams and players in action, with comments by Walter Camp. Price 10 cents.

### NO. 2A—SPALDING'S OFFICIAL ASSOCIATION FOOT BALL GUIDE.

A complete and up-to-date guide to the "Soccer" game in the United States, containing instructions for playing the game, official rules, and interesting news from all parts of the country. Illustrated. Price 10 cents.

### NO. 286—HOW TO PLAY SOCCER.

Owing to the great interest shown in "Soccer" foot ball in America, the publishers have had a book compiled in England, the home of the sport, telling how each position should be played, written by the best player in England in his respective position, and illustrated with full-page photographs of players in action. As a text-book of the game this work is invaluable, and no "Soccer" player can afford to be without it. Price 10 cents. (Ready in December.)

## FOOT BALL AUXILIARY

### NO. 283—SPALDING'S OFFICIAL CANADIAN FOOT BALL GUIDE.

Edited by Frank D. Woodworth, Sec-

retary-Treasurer Ontario Rugby Foot Ball Union. The official book of the game in Canada. Price 10 cents.

## GROUP III.—CRICKET

### NO. 3 — SPALDING'S OFFICIAL CRICKET GUIDE.

Edited by Jerome Flannery. The most complete year book of the game that has ever been published in America. Reports of special matches, official rules and pictures of all the leading teams and individual players. Price 10 cents. (Ready in May.)

### NO. 277—CRICKET; AND HOW TO PLAY IT.

By Prince Ranjitsinhji, the foremost cricketer of Great Britain. Every department of the game is described concisely and illustrated with full-page pictures posed especially for this book. The book is acknowledged by competent authorities to be the best book of instruction on the game ever published. Price 10 cents. (Ready in January.)

## GROUP IV.—LAWN TENNIS

### NO. 4—SPALDING'S OFFICIAL LAWN TENNIS ANNUAL.

Edited by H. P. Burchell, of the New York Times. Contents include a report of every important tournament played in 1906, embracing the National Championship, sectional and State tournaments; Invitation and open tournaments; inter-collegiate and interscholastic championships; women's national championships; foreign championships; Indoor championships; official ranking for each year from 1885 to 1906; laws of lawn tennis; instructions for handicapping; decisions on doubtful points; regulations for the management of tournaments; directory of clubs; directions for laying out and keeping a court; tournament notes. Illustrated with pictures of leading players. Price 10 cents. (Ready in May.)

### NO. 157—HOW TO PLAY TENNIS.

A complete description of lawn tennis; a lesson for beginners and directions telling how to make the most important strokes; styles and skill of the experts; the American twist service; how to build and keep a court. Illustrated from photographs of leading players in action. Price 10 cents.

### NO. 279—STROKES AND SCIENCE OF LAWN TENNIS.

By P. A. Vaile, a leading authority on the game in Great Britain. Every stroke in the game is accurately illustrated and analyzed by the author. Acknowledged by experts to be the most complete book of instruction on the game ever published. As a means of affording a comparison between the American and the English methods of play, this book is extremely useful. Price 10 cents.

## GROUP V.—GOLF

### NO. 5—SPALDING'S OFFICIAL GOLF GUIDE.

The leading annual of the game in the United States. Contains records of all important tournaments, articles on the game in various sections of the country, pictures of prominent players, official playing rules, and interesting official playing rules and general items of interest. Price 10 cents. (Ready in March.)

### NO. 276—HOW TO PLAY GOLF.

By James Braid, the English Open Champion of 1906. A glance at the chapter headings will give an idea of

the variety and value of the contents: Beginners' wrong ideas; method of tuition; choosing the clubs; how to grip the club; stance and address in driving; the upward swing in driving; the top of the swing; the downward swing; finishing the stroke; the long ball; pulling and slicing; playing in a wind; brassy play; play with iron clubs; creak shots; the iron; the running-up shot; the mashie; the niblick; putting; playing the round. Numerous full page pictures of Champion Braid in action add to the attractiveness of the book. The other contents include the official rules and other subjects of interest to golfers. Price 10 cents.

## GROUP VI.—HOCKEY

### NO. 6—SPALDING'S OFFICIAL ICE HOCKEY GUIDE.

Written by the most famous player in Canada, A. Farrell, of the Shamrock hockey team of Montreal. It contains a complete description of hockey, its origin, points of a good player, and an instructive article on how game is played, with diagrams and official rules. Illustrated with pictures of leading teams. Price 10 cents. (Ready in January.)

### NO. 154—FIELD HOCKEY.

To those in need of vigorous and healthful out-of-doors exercise, this game is recommended highly. Its healthful attributes are manifold and the interest of player and spectator alike

is kept active throughout the progress of the game. The game is prominent in the sports at Vassar, Smith, Wellesley, Bryn Mawr and other leading colleges. Price 10 cents.

### NO. 188—LAWN HOCKEY, GARDEN HOCKEY, PARLOR HOCKEY.

Containing the rules for each game. Illustrated. Price 10 cents.

### NO. 180—RING HOCKEY.

A new game for the gymnasium, invented by Dr. J. M. Vorhees of Pratt Institute, Brooklyn, that has sprung into instant popularity; as exciting as basket ball. This book contains official rules. Price 10 cents.

## HOCKEY AUXILIARY

### NO. 256—OFFICIAL HANDBOOK OF THE ONTARIO HOCKEY ASSOCIATION.

Edited by W. A. Hewitt, of Toronto.

Contains the official rules of the Association, constitution, rules of competition, list of officers, and pictures of leading players. Price 10 cents.

## GROUP VII.—BASKET BALL

### NO. 7—SPALDING'S OFFICIAL BASKET BALL GUIDE.

Edited by George T. Hepbron. Contains the revised official rules, decisions on disputed points, records of prominent teams, reports on the game from various parts of the country, and pictures of hundreds of players. Price, 10 cents.

### NO. 193—HOW TO PLAY BASKET BALL.

By G. T. Hepbron, editor of the Of-

ficial Basket Ball Guide. Contains full instructions for players, both for the expert and the novice, duties of officials, and specially posed full-page pictures showing the correct and incorrect methods of playing. The demand for a book of this character is fully satisfied in this publication, as many points are included which could not be incorporated in the annual publication of the Basket Ball Guide for want of room. Price 10 cents.

**ATHLETIC  
LIBRARY**



**ATHLETIC  
LIBRARY**

## **GROUP VII.—BASKET BALL—Continued**

### **NO. 260—OFFICIAL BASKET BALL GUIDE FOR WOMEN.**

Edited by Miss Senda Berenson, of Smith College. Contains the official playing rules of the game and special articles on the following subjects: Games for women, by E. Hitchcock, Director of Physical Training, and Dean of College, Amherst College; condition of women's basket ball in the Middle West, by W. P. Bowen, Michigan State Normal College; a few suggestions about the actual playing of basket ball, by Agnes C. Childs, A. M., Smith College; psychological effects of basket ball for

women, by Dr. L. H. Gulick, superintendent of physical training in the schools of Greater New York; physiological effects of basket ball, by Theodore Hough, Ph. D.; significance of basket ball for women, by Senda Berenson; relative merit of the Y. M. C. A. rules and women's rules, by Augusta Lane Patrick, director of physical training, Montclair (N. J.) High School; A Plea for Basket Ball, by Julie Ellsbee Sullivan, Teachers' College, New York; diagram of field. Illustrated with many pictures of basket ball teams. Price 10 cents.

## **BASKET BALL AUXILIARY**

### **NO. 278—COLLEGIATE BASKET BALL GUIDE.**

The official publication of the new Collegiate Basket Ball organization. Contains the official rules, collegiate and high school records, All America selec-

tions, reviews of the collegiate basket ball season of 1905-6, and pictures of all the prominent college teams and individual players. Edited by Harry A. Fisher, of Columbia. Price 10 cents.

## **GROUP VIII.—BOWLING**

### **NO. 8—SPALDING'S OFFICIAL BOWLING GUIDE.**

Edited by S. Karpf, Secretary of the American Bowling Congress. The contents include: History of the sport; diagrams of effective deliveries; how to bowl; a few hints to beginners; American Bowling Congress; the national championships; how to build an alley; how to

score; spares—how they are made. Rules for cocked hat, cocked hat and feather, quintet, battle game, nine up and nine down, head pin and four back, ten pins—head pin out, five back, the Newport game, ten pin head, pin game, duckpin game, head pin game, New England candle pin game. Illustrated with portraits of all the prominent bowlers. Price 10 cents.

## **GROUP IX.—INDOOR BASE BALL**

### **NO. 9—SPALDING'S OFFICIAL INDOOR BASE BALL GUIDE.**

America's national game is now vying with other indoor games as a winter pastime. This book contains the play-

ing rules, pictures of leading teams from all parts of the country, and interesting articles on the game by leading authorities on the subject. Price 10 cents.

## **GROUP X.—POLO**

### **NO. 10—SPALDING'S OFFICIAL ROLLER POLO GUIDE.**

Edited by J. C. Morse. A full description of the game; official rules; records. The revival of the popular pastime of roller skating has led the publishers to include in this book complete directions for fancy skating, rink rules, etc. Price 10 cents.

### **NO. 129—WATER POLO.**

The contents of this book treat of

every detail, the individual work of the players, the practice of the team, how to throw the ball, with illustrations and many valuable hints. Price 10 cents.

### **NO. 199—EQUESTRIAN POLO.**

Compiled by H. L. FitzPatrick of the New York Sun. Illustrated with portraits of leading players and contains most useful information for polo players. Price 10 cents.



## GROUP XI.—MISCELLANEOUS GAMES

### NO. 201—LACROSSE

By William C. Schmeisser, captain Johns Hopkins University champion intercollegiate lacrosse team of 1902; edited by Ronald T. Abernethy, ex-captain and coach of Johns Hopkins University lacrosse team, 1900-1904. Every position is thoroughly explained in a most simple and concise manner, rendering it the best manual of the game ever published. Illustrated with numerous snapshots of important plays. Price 10 cts.

### NO. 248—ARCHERY.

A new and up-to-date book on this fascinating pastime. Edited by Mr. Louis Maxson of Washington, D. C., ex-National champion. Contains a history of archery from its revival as a pastime in the eighteenth century to the present time, with list of winners and scores of the English Grand championships from 1844; National Archery Association of the United States winners and scores; the several varieties of archery; instructions for shooting; how to select implements; how to score; and a great deal of interesting information on the game. Illustrated. Price 10 cts.

### NO. 138—SPALDING'S OFFICIAL CROQUET GUIDE.

Contains directions for playing, diagrams of important strokes, description of grounds, instructions for the beginner, terms used in the game, and the official playing rules. Price 10 cts.

### NO. 271—SPALDING'S OFFICIAL ROQUE GUIDE.

The official publication of the National Roque Association of America. Edited by Prof. Charles Jacobus, ex-champion. Contains a description of the courts and their construction, diagrams of the field, illustrations, rules and valuable information. Price 10 cts.

### NO. 194—RACQUETS, SQUASH, RACQUETS AND COURT TENNIS.

The need of an authoritative handbook at a popular price on these games is filled by this book. How to play each game is thoroughly explained, and all the difficult strokes shown by special photographs taken especially for this book. Contains the official rules for each game, with photographs of well-known courts. Price 10 cts.

### NO. 13—HOW TO PLAY HAND BALL.

By the world's champion, Michael Egan, of Jersey City. This book has been rewritten and brought up to date in every particular. Every play is thoroughly explained by text and diagram. The numerous illustrations consist of full pages made from photographs of Champion Egan, showing him in all his characteristic attitudes. Price 10 cts.

### NO. 167—QUOITS.

By M. W. Deshong. The need of a book on this interesting game has been felt by many who wished to know the fine points and tricks used by the experts. Mr. Deshong explains them, with illustrations, so that a novice can readily understand. Price 10 cts.

### NO. 170—PUSH BALL.

Played with an air-inflated ball 6 feet in diameter, weighing about 50 pounds. A side consists of eleven men. This book contains the official rules and a sketch of the game; illustrated. Price 10 cts.

### NO. 14—CURLING.

A short history of this famous Scottish pastime, with instructions for play, rules of the game, definitions of terms and diagrams of different shots. Price 10 cts.

### NO. 207—BOWLING ON THE GREEN; OR, LAWN BOWLS.

How to construct a green; necessary equipment; how to play the game, and the official rules as promulgated by the Scottish Bowling Association. Edited by Mr. James W. Greig. Illustrated. Price, 10 cts.

### NO. 188—LAWN GAMES.

Contains the rules for Lawn Hockey, Garden Hockey, Hand Tennis, Tether Tennis; also Volley Ball, Parlor Hockey, Badminton, Basket Goal. Price, 10 cts.

### NO. 189—CHILDREN'S GAMES.

Compiled by Jessie H. Bancroft, director of physical training, department of education, New York City. These games are intended for use at recesses, and all but the team games have been adapted to large classes. Suitable for children from three to eight years, and include a great variety. Price 10 cts.



## GROUP XII.—ATHLETICS

### NO. 12—SPALDING'S OFFICIAL ATHLETIC ALMANAC.

Compiled by J. E. Sullivan, Chief Department Physical Culture, Louisiana Purchase Exposition, Director Olympic Games, 1904, Special Commissioner from the United States to the Olympic Games at Athens, 1906, and President of the Amateur Athletic Union. The only annual publication now issued that contains a complete list of amateur best-on-records; complete intercollegiate records; complete English records from 1866; swimming records; interscholastic records; Irish, Scotch and Australasian records; reports of leading athletic meets; skating records; important athletic events and numerous photos of individual athletes and leading athletic teams. Price, 10 cents. (Ready in January.)

### NO. 27—COLLEGE ATHLETICS.

M. C. Murphy, the well-known athletic trainer, now with Pennsylvania, the author of this book, has written it especially for the schoolboy and college man, but it is invaluable for the athlete who wishes to excel in any branch of athletic sport. The subjects comprise the following articles: Training, starting, sprinting; how to train for the quarter, half, mile and longer distances; walking; high and broad jumping; hurdling; pole vaulting; throwing the hammer. It is profusely illustrated with pictures of leading athletes. Price 10 cents.

### NO. 182—ALL-AROUND ATHLETICS.

Gives in full the method of scoring the All-Around Championship, giving percentage tables showing what each man receives for each performance in each of the ten events. It contains as well instructive articles on how to train for the All-Around Championship. Illustrated with many pictures of champions in action and scores at all-around meets. Price, 10 cents.

### NO 156—THE ATHLETE'S GUIDE.

How to become an athlete. It contains full instructions for the beginner, telling how to sprint, hurdle, jump and throw weights, general hints on training; in fact, this book is one of the most complete on the subject that has ever appeared. Special chapters contain valuable advice to beginners and important A. A. U. rules and their explanations, while the pictures comprise many scenes of champions in action. Price 10 cents.

### NO. 87—ATHLETIC PRIMER.

Edited by James E. Sullivan, President of the Amateur Athletic Union. Tells how to organize an athletic club, how to conduct an athletic meeting, and gives rules for the government of

athletic meetings; contents also include directions for building a track and laying out athletic grounds, and a very instructive article on training; fully illustrated with pictures of leading athletes in action. Price 10 cents.

### NO. 273—THE OLYMPIC GAMES AT ATHENS, 1906.

A complete account of the Olympic Games of 1906, at Athens, the greatest International Athletic Contest ever held. Containing a short history of the games, story of the American team's trip and their reception at Athens, complete list of starters in every event; winners, their times and distances; the Stadium; list of winners in previous Olympic Games at Athens, Paris and St. Louis, and a great deal of other interesting information. Compiled by J. E. Sullivan, Special Commissioner from the United States to the Olympic Games. Illustrated with numerous pictures of scenes at the games and leading officials, taken especially for this book. Price, 10 cents.

### NO. 252—HOW TO SPRINT.

A complete and detailed account of how to train for the short distances. Every athlete who aspires to be a sprinter can study this book to advantage and gain a great deal of useful knowledge. Price 10 cents.

### NO. 255—HOW TO RUN 100 YARDS.

By J. W. Morton, the noted British champion. Written by Mr. Morton during his recent American trip, in 1905, especially for boys. Mr. Morton knows how to handle his subject, and his advice and directions for attaining speed, will undoubtedly be of immense assistance to the great majority of boys who have to rely on printed instructions. Many of Mr. Morton's methods of training are novel to American athletes, but his success is the best tribute to their worth. Illustrated with photographs of Mr. Morton in action, taken especially for this book in New York City. Price 10 cents.

### NO. 174—DISTANCE AND CROSS-COUNTRY RUNNING.

By George Orton, the famous University of Pennsylvania runner. Tells how to become proficient at the quarter, half, mile, the longer distances, and cross-country running and steeple-chasing, with instructions for training and schedules to be observed when preparing for a contest. Illustrated with numerous pictures of leading athletes in action, with comments by the editor on the good and bad points shown. Price 10 cents.



## GROUP XII.—ATHLETICS—Continued

### NO. 246—ATHLETIC TRAINING FOR SCHOOLBOYS.

This book is the most complete work of its kind yet attempted. The compiler is Geo. W. Orton, of the University of Pennsylvania, a famous athlete himself and who is well qualified to give instructions to the beginner. Each event in the intercollegiate programme is treated of separately, both as regards method of training and form. By following the directions given, the young athlete will be sure to benefit himself without the danger of overworking as many have done through ignorance, rendering themselves unfitted for their task when the day of competition arrived. Price 10 cents.

### NO. 259—WEIGHT THROWING.

By James S. Mitchell, Champion American weight thrower, and holder of

American, Irish, British and Canadian championships. Probably no other man in the world has had the varied and long experience of James S. Mitchell in the weight throwing department of athletics. The book is written in an instructive way, and gives valuable information, not only for the novice, but for the expert as well. It is replete with lifelike illustrations of Champion John Flanagan throwing the hammer, Dennis Horgan, British and Irish champion shot putter, and others. Price 10 cents.

### NO. 55—OFFICIAL SPORTING RULES.

Contains rules not found in other publications for the government of many sports; rules for wrestling, shuttleboard, snowshoeing, professional racing, pigeon flying, dog racing, pistol and revolver shooting, British water polo rules. Price 10 cents.

## ATHLETIC AUXILIARIES

### NO. 241—OFFICIAL HANDBOOK OF THE A.A.U.

The A.A.U. is the governing body of athletes in the United States of America, and all games must be held under its rules, which are exclusively published in this handbook, and a copy should be in the hands of every athlete and every club officer in America. This book contains the official rules for running, jumping, weight throwing, hurdling, pole vaulting, swimming, boxing, wrestling, etc. Price 10 cents.

### NO. 217—OLYMPIC HANDBOOK.

Compiled by J. E. Sullivan, Chief Department Physical Culture, Louisiana Purchase Exposition, and Director Olympic Games, 1904. Contains a complete report of the Olympic Games of 1904, with list of records and pictures of hundreds of athletes; also reports of the games of 1896 and 1900. Price 10 cents.

### NO. 269 — OFFICIAL INTERCOLLEGIATE A.A.A. HANDBOOK.

Contains constitution, by-laws, laws of athletics and rules to govern the awarding of the championship cup of the Intercollegiate Athletic Association of Amateur Athletes of America, the governing body in college athletics. Contains official intercollegiate records from 1876 to date, with the winner's name and time in each event, list of points won by each college, and list of officers of the association from 1889. Price, 10 cents.

### NO. 245—OFFICIAL Y.M.C.A. HANDBOOK.

Edited by G. T. Hepbron, the well-known athletic authority. It contains the official rules governing all sports under the jurisdiction of the Y.M.C.A., a complete report of the physical directors' conference, official Y.M.C.A. scoring tables, pentathlon rules, many pictures of the leading Y.M.C.A. athletes of the country, official Y.M.C.A. athletic rules, constitution and by-laws of the Athletic League of Y.M.C.A., all-around indoor test, volley ball rules; Illustrated. Price 10 cents.

### NO. 281—OFFICIAL HANDBOOK OF THE PUBLIC SCHOOLS ATHLETIC LEAGUE.

This is the official handbook of the Public Schools Athletic League, which embraces all the public schools of Greater New York. It contains the official rules that govern all the contests of the league, and constitution, by-laws and officers. Edited by Dr. Luther Halsey Gulick, superintendent of physical education in the New York public schools. Illustrated. Price 10 cents.

### NO. 274—INTERCOLLEGIATE CROSS COUNTRY HANDBOOK.

Contains constitution and by-laws, list of officers, and records of the association. Price, 10 cents.



## GROUP XIII.—ATHLETIC ACCOMPLISHMENTS

### NO. 177—HOW TO SWIM.

By J. H. Sterrett, the leading authority on swimming in America. The instructions will interest the expert as well as the novice; the illustrations were made from photographs especially posed, showing the swimmer in clear water; a valuable feature is the series of "land drill" exercises for the beginner, which is illustrated by many drawings. The contents comprise: A plea for education in swimming; swimming as an exercise and for development; land drill exercises; plain swimming; best methods of learning; the breast stroke; breathing; under-arm side stroke; scientific strokes—over-arm side stroke; double over-arm or "trudgeon" stroke; touching and turning; training for racing; ornamental swimming; floating; diving; running header; back dive; diving feet foremost; the propeller; marching on the water; swimming on the back. Price 10 cents.

### NO. 128—HOW TO ROW.

By E. J. Giannini, of the New York A. C., one of America's most famous amateur oarsmen and champions. This book will instruct any one who is a lover of rowing how to become an expert. It is fully illustrated, showing how to hold the oars, the finish of the stroke and other information that will prove valuable to the beginner. Price 10 cents.

### NO. 23—CANOEING.

Paddling, sailing, cruising and racing canoes and their uses; with hints on rig

and management; the choice of a canoe; sailing canoes; racing regulations; canoeing and camping. Fully illustrated. Price 10 cents.

### NO. 209—HOW TO BECOME A SKATER.

Contains advice for beginners; how to become a figure skater thoroughly explained, with many diagrams showing how to do all the different tricks of the best figure skaters, including the Mohawk, with all its variations; Q's, forward and backward, inside and outside; the crossovers, including the difficult Swedish style; inside and outside spins; the grapevine, with its numerous branches, and many other styles, which will be comparatively simple to any one who follows the directions given. Profusely illustrated with pictures of prominent skaters and numerous diagrams. Price 10 cents.

### NO. 282—ROLLER SKATING GUIDE.

Contains directions for becoming proficient as a fancy and trick roller skater. Pictures of prominent trick skaters in action. Price 10 cents.

### NO. 178—HOW TO TRAIN FOR BICYCLING.

Gives methods of the best riders when training for long or short distance races; hints on training. Revised and up-to-date in every particular. Price 10 cents.

## GROUP XIV.—MANLY SPORTS

### NO. 18—FENCING.

By Dr. Edward Breck, of Boston, editor of the Swordsman, and a prominent amateur fencer. A book that has stood the test of time, and is universally acknowledged to be a standard work. Illustrated. Price 10 cents.

### NO. 162—BOXING GUIDE.

For many years books have been issued on the art of boxing, but it has remained for us to arrange a book that we think is sure to fill all demands. It contains over 70 pages of illustrations showing all the latest blows, posed especially for this book under the supervision of a well-known instructor of boxing, who makes a specialty of teaching and knows how to impart his knowledge. They are so arranged that anyone can easily become proficient. A partial list of the contents include: The correct position; clenching the fist; gauging distance; the first principles of hitting; the elements of defence; feinting; knockout blows; chin

punch; the blow under the ear; the famous solar plexus knockout; the heart blow; famous blows and their originators; Fitzsimmons' contribution; the McCoy corkscrew; the kidney punch; the liver punch; the science of boxing; proper position of hand and arm; left hook to face; hook to the jaw; how to deliver the solar plexus; correct delivery of a right uppercut; blocking a right swing and sending a right uppercut to chin; blocking a left swing and sending a left uppercut to chin, etc., etc.; hints on training, diet and breathing; how to train; rules for boxing. Price 10 cents.

### NO. 165—THE ART OF FENCING.

This is a new book by Regis and Louis Senac, of New York, famous instructors and leading authorities on the subject. Messrs. Senac give in detail how every move should be made, and tell it so clearly that anyone can follow the instructions. It is illustrated with sixty full page pictures, posed especially for this book. Price 10 cents.



**GROUP XIV.—MANLY SPORTS—Continued****NO. 140—WRESTLING.**

Catch as catch can style. By E. H. Hitchcock, M.D., of Cornell, and R. F. Nelligan, of Amherst College. The book contains nearly seventy illustrations of the different holds, photographed especially and so described that anybody who desires to become expert in wrestling can with little effort learn every one. Price 10 cents.

**NO. 236—HOW TO WRESTLE.**

Without question the most complete and up-to-date book on wrestling that has ever been printed. Edited by F. R. Toombs, and devoted principally to special poses and illustrations by Georges Hackenschmidt, the "Russian Lion." It shows the champion in many poses, and also contains a special article on "Training," in which he gives good advice to beginners. The book also contains in addition many full pages of poses by Tom Jenkins and other famous wrestlers. Besides showing accurately how to secure each hold and fall, the book also contains official rules for all styles of wrestling. Be sure to ask for the Spalding Athletic Library book "How to Wrestle." Price 10 cents.

**NO. 102—GROUND TUMBLING.**

By Prof. Henry Walter Worth, who was for years physical director of the Armour Institute of Technology. Any boy, by reading this book and following the instructions, can become a proficient tumbler. Price 10 cents.

**NO. 233—JIU JITSU.**

A complete description of this famous Japanese system of self-defence. Each move thoroughly explained and illustrated with numerous full-page pictures of Messrs. A. Minami and K. Koyama, two of the most famous exponents of the art of Jiu Jitsu, who posed especially for this book. Be sure and ask for the Spalding Athletic Library book on Jiu Jitsu. Price 10 cents.

**NO. 166—HOW TO SWING INDIAN CLUBS.**

By Prof. E. B. Warman, the well-known exponent of physical culture. By following the directions carefully anyone can become an expert. Price 10 cents.

**NO. 200—DUMB-BELLS.**

This is undoubtedly the best work on dumb-bells that has ever been offered. The author, Mr. G. Bojns, was formerly superintendent of physical culture in the Elizabeth (N. J.) public schools, in-

structor at Columbia University (New York), instructor for four years at the Columbia summer school and is now proprietor of the Park Place Gymnasium, at 14 Park Place, New York City. The book contains 200 photographs of all the various exercises with the instructions in large, readable type. It should be in the hands of every teacher and pupil of physical culture, and is invaluable for home exercise as well. Price 10 cents.

**NO. 143—INDIAN CLUBS AND DUMB-BELLS.**

Two of the most popular forms of home or gymnasium exercise. This book is written by America's amateur champion club swinger, J. H. Dougherty. It is clearly illustrated, by which any novice can become an expert. Price 10 cents.

**NO. 262—MEDICINE BALL.**

This book is not a technical treatise, but a series of plain and practical exercises with the medicine ball, suitable for boys and girls, business and professional men, in and out of gymnasium. Lengthy explanation and technical nomenclature have been avoided and illustrations used instead. The exercises are fascinating and attractive, and avoid any semblance of drudgery. Edited by W. J. Cromie, physical director Germantown (Pa.) Y.M.C.A. Price 10 cents.

**NO. 29—PULLEY WEIGHT EXERCISES**

By Dr. Henry S. Anderson, instructor in heavy gymnastics Yale gymnasium, Anderson Normal School, Chautauque University. In conjunction with a chest machine anyone with this book can become perfectly developed. Price 10 cents.

**NO. 191—HOW TO PUNCH THE BAG.**

By W. H. Rothwell ("Young Corbett"). This book is undoubtedly the best treatise on bag punching that has ever been printed. Every variety of blow used in training is shown and explained. The pictures comprise thirty-three full page reproductions of Young Corbett as he appears while at work in his training quarters. The photographs were taken by our special artist and cannot be seen in any other publication. Fancy bag punching is treated by a well-known theatrical bag puncher, who shows the latest tricks. Price 10 cents.



## GROUP XV.—GYMNASTICS

### NO. 104—THE GRADING OF GYMNAS- TIC EXERCISES.

By G. M. Martin, Physical Director of the Y. M. C. A. of Youngstown, Ohio. It is a book that should be in the hands of every physical director of the Y. M. C. A., school, club, college, etc. The contents comprise: The place of the class in physical training; grading of exercises and season schedules—grading of men, grading of exercises, season schedules for various classes, elementary and advanced classes, leaders, optional exercises. Nearly 200 pages. Price 10 cents.

### NO. 214—GRADED CALISTHENICS AND DUMB-BELL DRILLS.

By Albert B. Wegener, Physical Director Y. M. C. A., Rochester, N. Y. Ever since graded apparatus work has been used in gymnastics, the necessity of having a mass drill that would harmonize with it has been felt. For years it has been the established custom in most gymnasiums of memorizing a set drill, never varied from one year's end to the other. Consequently the beginner was given the same kind and amount as the older member. With a view to giving uniformity the present treatise is attempted. Price 10 cents.

### NO. 254—BARNJUM BAR BELL DRILL.

Edited by Dr. R. Tait McKenzie, Director Physical Training, University of Pennsylvania. Profusely illustrated. Price 10 cents.

### NO. 158—INDOOR AND OUTDOOR GYMNASTIC GAMES.

Without question one of the best books of its kind ever published. Compiled by Prof. A. M. Chesley, the well-known Y. M. C. A. physical director. It is a book that will prove valuable to indoor and outdoor gymnasiums, schools, outings and gatherings where there are a number to be amused. The games described comprise a list of 120, divided into several groups. Price 10 cents.

### NO. 124—HOW TO BECOME A GYMNAST

By Robert Stoll, of the New York A. C., the American champion on the flying rings from 1885 to 1892. Any boy who frequents a gymnasium can easily follow the illustrations and instructions in this book and with a little practice become proficient on the horizontal and parallel bars, the trapeze or the "horse." Price 10 cents.

## GROUP XVI.—PHYSICAL CULTURE

### NO. 161—TEN MINUTES' EXERCISE FOR BUSY MEN.

By Dr. Luther Halsey Gulick, Director of Physical Training in the New York public schools. Anyone who is looking for a concise and complete course of physical education at home would do well to procure a copy of this book. Ten minutes' work as directed is exercise anyone can follow. It already has had a large sale and has been highly recommended by all who have followed its instructions. Price 10 cents. ▲

### NO. 208—PHYSICAL EDUCATION AND HYGIENE.

This is the fifth of the Physical Training series, by Prof. E. B. Warman (see Nos. 142, 149, 166, 185, 213, 261). A glance at the contents will show the variety of subjects; Chapter I—Basic principles; longevity. Chapter II—Hints on eating; food values; the uses of salt. Chapter III—Medicinal value of certain foods. Chapter IV—The efficacy of sugar; sugar, food for muscular work; eating for

strength and endurance; fish as brain food; food for the children. Chapter V—Digestibility; bread; appendicitis due to flour. Chapter VI—Hints on drinking—water, milk, buttermilk, tea, coffee; how to remain young. Chapter VII—Hints on bathing; cold, hot, warm, tepid, salt, sun, air, Russian, Turkish, cabinet. Chapter VIII—Hints on breathing; breathlessness, heart strain, second wind, yawning, the art of yogi. Price 10 cents.

### NO. 149—THE CARE OF THE BODY.

A book that all who value health should read and follow its instructions. By Prof. E. B. Warman, the well-known lecturer and authority on physical culture. The subject is thoroughly treated, as a glance at the following small portion of the contents shows: An all-around athlete; muscular Christianity; eating, diet—various opinions; bill of fare for brain workers; bill of fare for muscle-makers; what to eat and drink; a simple diet; an opinion on brain food; why is food required? drinking water; nutrition—how food nourishes the body;



## GROUP XVI. PHYSICAL CULTURE Continued

a day's food, how used; constituents of a day's ration—beefsteak, potatoes, bread, butter, water, germs of disease, etc. Price 10 cents.

### NO. 142—PHYSICAL TRAINING SIMPLIFIED.

By Prof. E. B. Warman, the well-known physical culture expert. Is a complete, thorough and practical book where the whole man is considered—brain and body. By following the instructions no apparatus is required. The book is adapted for both sexes. Price 10 cents.

### NO. 185—HEALTH HINTS.

A series of articles by Prof. E. B. Warman, the well-known lecturer and authority on physical culture. Prof. Warman treats very interestingly of health influenced by insulation; health influenced by underwear; health influenced by color; exercise, who needs it? Price 10 cents.

### NO. 213—285 HEALTH ANSWERS.

Contents: Necessity for exercise in the summer; three rules for bicycling; when going up-hill; sitting out on summer nights; ventilating a bedroom; ventilating a house; how to obtain pure air; bathing; salt water baths at home; a substitute for ice water; drinking ice water; to cure insomnia; asleep in two minutes; for those who ride wheels; sum-

mer outdoor exercise; profuse perspiration; danger of checking perspiration; dress, hot weather, etc., etc. Compiled by Prof. E. B. Warman. Price 10 cents.

### NO. 238—MUSCLE BUILDING.

By Dr. L. H. Gulick, Director of Physical Training in the New York public schools. A complete treatise on the correct method of acquiring muscular strength. Illustrated with numerous full-page engravings. Price 10 cents.

### NO. 234—SCHOOL TACTICS AND MAZE RUNNING.

A series of drills for the use of schools. Edited by Dr. Luther Halsey Gulick, Director of Physical Training in the New York public schools. Price 10 cents.

### NO. 261—TENSING EXERCISES.

By Prof. E. B. Warman, and uniform with his previous numbers on Scientific Physical Training (see Spalding's Athletic Library Nos. 112, 149, 166, 185, 208, 213). The "Tensing" or "Resisting" system of muscular exercises is the most thorough, the most complete, the most satisfactory, and the most fascinating of systems. Only forty minutes are required to take all the exercises. The illustrations comprise nearly 70 photographs. Price 10 cents.

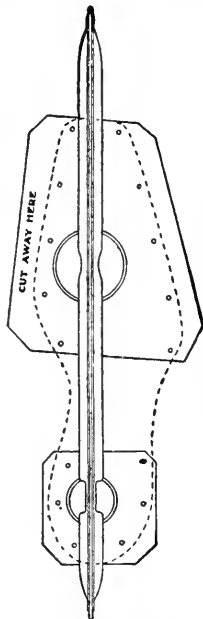
## The Spalding Tubular Steel Racing Skate

FOR years past racing men have been looking for a skate that could be depended upon absolutely. Ordinary solder is not always sufficient to stand the strain at certain points when a man is turning a corner at full speed, and this is one reason why the Spalding Tubular Steel Skate, with every joint brazed like a bicycle frame—not soldered, jumped into such great popularity immediately upon its introduction late last season. We claim that this skate embraces more good points necessary to a first-class racing skate than any other style on the market to-day. We have the opinions and practical experience of some of the most prominent racing men in this country to go by, notably Mr. Sam See, who passed on most of the details of construction, and every pair is backed up with a positive guarantee of quality. If it gives way through any fault of its construction, we will gladly replace with a new pair or refund the money.

### Some Good Points about the Spalding Tubular Steel Racing Skate

Absolutely guaranteed; very light weight, all tubular steel construction; every joint brazed, not soldered, making it the strongest racing skate manufactured; blades very thin, made of 1-16 in. Norway tool steel, hardened; toe and heel plates made of the best partly hardened steel, left full size so that they can be cut to fit any size shoe. In three lengths of blade, 14, 15 and 16 inches.

**Pair, \$6.00**



*Showing method of cutting to fit sole of shoe. Full directions for attaching with either lacing or rivets, enclosed with each pair of skates.*

### A. C. SPALDING & BROS.

New York	Chicago	St. Louis	Washington
Boston	Minneapolis	Baltimore	Kansas City
Buffalo	Philadelphia	Denver	Pittsburg
San Francisco	Montreal, Can.	London, England	

**A. G. SPALDING & BROS.**

Won a **Special Award**  
and a **Grand Prize**

for their Gymnasium Equipment at the World's Fair. The hundreds of Gymnasts who competed in the different events in the Stadium during the year proclaimed the apparatus made by A. G. Spalding & Bros. the best that they had ever worked on, and the team of German Turners that came to America especially to compete in the International Championships at St. Louis on July 1 and 2, 1904, requested that they be permitted to use the apparatus of the

**Spalding Gymnasium Exhibit**

in the Gymnastic Tournament, and at the conclusion of the two-day meeting, voluntarily forwarded to A. G. SPALDING & BROS. a testimonial highly complimenting the firm on the manufacture of their Gymnastic Apparatus. The same request was made by the Young Men's Christian Association of America, and the apparatus was used by them for the Championships with best results. In the International A.A.U. Championships A. G. Spalding & Bros.' apparatus was likewise used, and the Chairman of the Committee declared the apparatus to be the best ever used in connection with a championship meeting.



GRAND PRIZE,  
 SAINT LOUIS, 1904

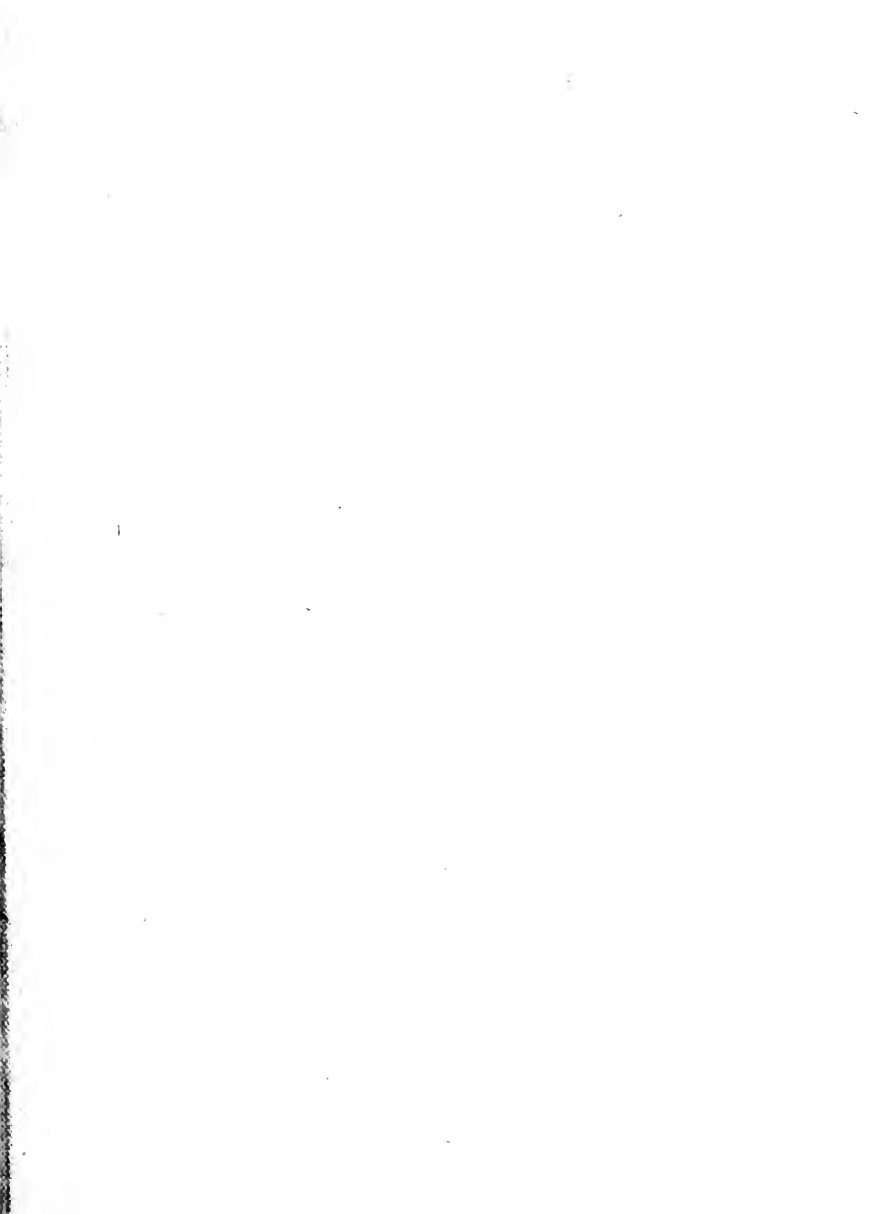
At the Louisiana Purchase Exposition, A. G. Spalding & Bros., in competition with the world's makers of Athletic Goods, received a Special Award (superior to the Grand Prize) consisting of a Gold Medal, for the best, most



GRAND PRIX,  
 PARIS, 1900

complete and most attractive installation of Athletic Supplies and Gymnastic Apparatus shown at the World's Fair. In addition, A. G. Spalding & Bros. were also awarded by the Grand Jury a Grand Prize for their exhibit of all kinds of Athletic Implements and Athletic Wearing Apparel.

At Paris, 1900, in competition with the world's makers of Athletic Goods, A. G. Spalding & Bros. were awarded a Grand Prize for the finest and most complete line of Athletic Goods.



LIBRARY OF CONGRESS



00020994514